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Fitch (S. S.)

"MED HIST"

FAMILY

PHYSICIAN:

BY

DR. S. S. FITCH,

Author of "Six Lectures on the Causes, Prevention and Cure of Consumption," "Health, Its Aids and Hindrances," etc., etc., etc.

DR. S. S. FITCH,
714 BROADWAY, NEW YORK.
1868.

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PREFACE.

When Gibbon, the Historian, had finished his great history, "The decline and fall of the Roman Empire," which had been the labor of his life, and the monument which was to bear his name and fame to all coming ages, he experienced a feeling akin to sadness, that the companion of his life, the inspiration of his hopes, and the solace of his years, would henceforth cease to beguile his time. With similar feelings I dedicate this, my last work, to my friends and readers.

It has been my lot to be a popular Medical Teacher, and to have succeeded vastly beyond my highest expectations.

My first work on Dental Surgery was published at $4 per copy. For many years past it has been sold at $30 per copy.

My six lectures on Consumption, etc., has become a Medical Teacher to hundreds of thousands of people in this country and Europe, and wherever the English language is known.

The object of this little work is to teach all families the art of combating and curing all those diseases which persons not medically educated may safely treat and certainly cure.

In this work I have introduced to all anxious inquirers

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the extremely important fact of the curability of cancer, fortified with the most convincing proofs.

To gentlemen and ladies I have presented the novel subject of the complexion, with suggestions of its extreme importance, and instructions so as always to have the highest ideal of beauty, a ravishing, attractive, pure and lovely complexion.

I have always written for the benefit of my readers, and have been most generously rewarded by their approbation and confidence.

S. S. FITCH, A. M., M. D.
714 *Broadway, N. Y.*

May 1, 1868.

MY FAMILY PHYSICIAN.

This book sent free to any address. Write to me, 714 BROADWAY, NEW YORK.

ARMED FORCES MEDICAL LIBRARY
WASHINGTON, D. C.

☞ Consultation Free. ☜

Dr. S. S. Fitch makes no charge for consulation or advice, whether personally or by letter. His office is at

714 Broadway, New York.

For the benefit of those who cannot visit him, he has so arranged his practice and prepared his remedies that he can treat them successfully and satisfactorily at a distance, although he prefers that the patient should give him the opportunity of a personal examination, whenever it is practicable, by calling at his office. But, when this cannot be done conveniently, invalids may write a full statement of their case, answering the questions below, and stating all facts necessary for a full understanding of their symptoms and condition, with whatever request they have to make, and mail it to Dr. Samuel S. Fitch, at his office in New York. A candid opinion in regard to the case will be promptly returned. Remedies may be sent by express to all parts of the country, and the treatment conducted by letter. His treatment, conducted upon this plan, has been attended by the most gratifying results, and its benefits have been extended to thousands who could not leave their distant homes, and must, therefore, if they had been required to do so, have failed of relief. The remedies he employs are carefully prepared under his own hand.

His charges are moderate; and those in poor circumstances, who want his assistance, should not hesitate to apply to him because they may fear that their means may not allow them to procure his remedies and counsel. All such persons will find him considerate and liberal.

QUESTIONS TO INVALIDS.

Those applying to Dr. SAMUEL S. FITCH for consultation or advice will please write him a full statement of their condition and symptoms. The following questions will aid them in doing so. These they may answer, and add any facts or circumstances not embraced in them, which are necessary to a complete understanding of their cases:

Give name, age, residence, occupation? family consumptive, or what complaints subject to? where born and brought up? married or single? strong or delicate? lean or fleshy? tall or short? straight or stooping, or deformed? height and size around the waist, two inches above the hips? color of hair? complexion? have you any humor, scrofula, cancer, skin disease, headache, cough, asthma, rheumatism, or pain, anywhere, loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night-sweats, chills, confined to bed or house, palpitation, nervous fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costiveness, diarrhœa, appetite good or bad, piles, fistula, gravel, heat of urine or scanty sediment? If a lady—married? had any female complaints? irregularity? weak back? pain anywhere? any bloating? bilious? worms? indigent or easy circumstances? any bad fits of sickness? taken much medicine?

In writing, if you wish an answer, always put in a postage stamp, give the name of your post-office, county, and State in full. Do not neglect this. Address

DR. SAMUEL S. FITCH.

714 Broadway, New York.

FAMILY PHYSICIAN.

BY

S. S. FITCH, M.D.

As light to one in darkness; as sunshine through the storm; as fire to the freezing; as food to the starving; as wealth to the poor; so is health to the sick.

He who, by medical knowledge, medical experience, or medical remedies, can cure the sick, becomes a benefactor of his race, and deserves the rewards, the honors, and the gratitude of mankind.

If such exist, it is of the last importance that the sick, and the friends of the sick, should know where to obtain relief, and on whom they may and can truthfully bestow their confidence. It is every thing to the invalid to know that he can be cured, and who or what can cure him.

My father and grandfather, and myself, have practised medicine one hundred and twenty years, unbroken. I have been consulted during the last twenty years by about 100,000 persons, suffering from every variety of human malady.

I here most solemnly record my belief that there are no diseases incurable in themselves, but their final fatality is owing to ignorance of remedies which do actually exist, and which would cure the sick if seasonably employed. A disease wholly incurable by one physician is often perfectly curable by another. The sick should never despair of help, but keep seeking and trying remedies until they find relief. They should also know that old chronic diseases usually require some considerable time for a permanent cure.

In the course of a long practice I never lost but one patient, when I was the first physician called.

I will enumerate some of the diseases which I especially treat, and treat successfully.

After forty years of most incessant application to the study of medicine, and its successful application to all diseases, I have been able to establish my Medical Institute at 714 Broadway, New York, which is most completely furnished with every thing that can minister to the well-being of the sick, and conduce to a rapid and permanent recovery. Probably no Institution in the world can present such a varied collection of remedies or such a record of cures. The record of cases comprise 500 volumes. The invalid visiting New York for medical aid, or writing, will here find fair treatment. No promise of cure is made where none is possible or probable. No false hopes excited; no false representations made. No imposition attempted. No medical speculation dreamed of or practised. No plundering strangers. No high, exorbitant or unjust charges, and no charges ever exacted, except such as the invalid or his or her friends approve. The sole object and purpose of this Institute is to cure the sick. Dr. S. S. Fitch's experience is ripe, varied, and successful. Consultations by letter or personally are always free.

Six Lectures on the Prevention and Cure of Pulmonary Consumption, Asthma, Diseases of the Heart, &c. With rules to preserve life and health to 100 years. By Dr. Samuel Sheldon Fitch, A.M., M.D. 354 pages. Sent by mail, postage free, to any address. Price one dollar.

No money required until received, read and approved.

This work has now been twenty-two years before the public. It has always received the highest approval from persons of all professions, trades, classes and ages. It is read from the Chief Justice of the United States to the sailor before the mast, from the child of twelve years to the man of eighty. To all it is a fountain of true medical advice and instruction. The most particular mother may give it to the most delicate child. It has not a thought or any expression to offend the holiest instinct or the most refined taste. No household should be without it. To those inclined to consumption or delicate health, its teachings are so important that, if carefully followed and fulfilled, no one can have consumption.

It has been read aloud in a great many schools of young

ladies. It has educated this whole nation to the intimate connection between fine figures and fine health. When it was first published, a straight good figure was rarely seen in this country, and now a crooked person is an extremely rare sight. It was one of the first medical books that taught the intimate connection between the practice of the Christian virtues and the consequent enjoyment of good health.

A TREATISE ON

DISEASES OF THE HEART.

Five Engraved Plates, 168 Pages.

BY

DR. S. S. FITCH.

Price 50 cents, sent by mail, postage free. No money required until received, read and approved.

HEALTH,

ITS AIDS AND HINDRANCES.

A large work, describing carefully nearly all serious diseases. Price $3.

BY

DR. S. S. FITCH.

I here give a list of diseases that I treat, and in nearly all cases successfully treat, and cure. Of course there is no disease but what may, under some circumstances, from neglect or very long continuance, or peculiar malignity, so prostrate the system as to place it beyond the reach of any remedies; but, excepting these peculiar cases, I cure nearly every case of sickness or disease that is ever put under my care.

Some cases require much longer doctoring than others; some are liable to return, and require watching and remedies until all traces of the disease and liability to it are wholly eradicated from the system, which will always be the case where proper remedies are used for a sufficient length of time, and where proper preventions are employed and proper precautions taken.

It should never be forgotten that a disease may be wholly cured, and the patient, by placing himself under the influence of the same causes that diseased him at first, may bring on the disease a second time or more, which would never have been the case if former causes had been avoided since his first cure was completed.

Diseases of the Head, &c.

Headaches of all kinds, all affections of the scalp, the membranes covering the brain, diseases and affections of the brain itself, &c.—such as: Sick headache. Nervous headache. Neuralgic headache. Catarrhal headache. Rush of blood to the head. Congestion of the brain. Dropsy on the brain. Confusion of ideas. Loss of memory. Sudden blindness of one or both eyes. Noises in the head. Weakness of brain power, &c. Sudden loss of hearing. Tetter and eruptions on the scalp, heat itching, burning, falling of the hair, Epileptic fits, &c.

Catarrh. Sore throat. Canker in the mouth and throat. Swelled tonsils. Ulcerated tonsils. Filling up of the throat. Mucus and phlegm in the throat. Loss of voice. Weak voice. Hoarseness. Scrofula and King's Evil on the outside of the throat and on the neck. Goitre. Swelled neck. Lumps. Swellings. Tumors, &c. Tickling cough. Bronchitis.

Diseases of the Face.

Tetter. Ringworm. Blotches, pimples and boils. Eruptions. Swelled red nose. Erysipelas. Rose blush on the face, &c.,

and cancer on face, lips, &c. Moth. Freckles. Yellow and brown spots. Tan.

Sore Eyes.

All sore eyes. Catarrh in the eyes. Weak eyes. Weeping eyes. Red inflamed eyes and eyelids. Dimness of sight, &c.

All diseases of the Lungs and weakness of the chest. Consumption. Bleeding lungs. Ulcerated lungs. Scrofula on the lungs. Congested lungs. Salt-rheum and all humor on the lungs. Asthma. Asthma in all its varieties, and at every age. Dropsy on the chest. Pain in the chest and sides. Short breath. Contracted and narrow chest. Stooping shoulders.

Diseases of the Heart.

Enlarged heart. Diseased valves. Hypertrophy of the heart. Dropsy on the heart. Ossification. Thickening of the heart. Dilatation of the heart. Angina Pectoris. Palpitation. Fluttering. Stoppage, &c. Throbbing. Spasms. Rheumatism on the heart. Humor on it, &c. Spasms in the chest.

Diseases of the Stomach.

Dyspepsia. Indigestion. Sour stomach. Throbbing pain or wind in the stomach. Bilious stomach. Chronic vomiting and sick stomach. Loss of appetite. Weak, ulcerated and cancerous stomach. Humor on the coats of the stomach. Loss of action in the stomach. Spasms and cramps of the stomach.

Liver Complaints.

Jaundice. Enlarged liver. Tuberculated, obstructed, torpid and ulcerated livers. Defective and poisonous bile. Too little and too much bile. Bleeding from the liver. Gall stones in the gall bladder.

Diseases of the Bowels.

Chronic diarrhœa. Weak bowels. Falling of the bowels. Costiveness and stoppage of the bowels. Inflammation, pain, soreness, heat and lameness of the bowels. Flatulence, colic, colicky pains and wind in the bowels. Enlarged and protuberant abdomen. Ruptures. Swelling and diseases of the omentum.

Diseases of the Kidneys.

Diabetes. Gravel. Bright's disease of the kidneys. Heat, and scalding of the water. Too much, too little. Scanty. Stoppage and incontinence of water. Burning. Too often. Pain in passing water.

Diseases of the Bladder.

Catarrh of the bladder, and all Humor affecting the bladder. Pain. Thickening, &c.

Female Complaints.

Diseases of every kind peculiar to Females. Swelling and enlargement of the ovaries, womb, &c. Cancer of the womb. Stoppage of nature. Painful. Irregularity.

All diseases peculiar to Males. Weakness, debility, &c.

Spinal affections. Pain between the shoulders. Pain and weakness of the back. Paralysis of the spine. Paralysis of the limbs. Partial or general paralysis. Inability to walk.

All humor in the blood. All skin diseases. Salt-rheum. Tetter. Shingles. Boils. Acne. Erysipelas, &c. All skin diseases affecting the face and injuring the complexion. Cloasma. Pimples. Scarlet blush, &c.

Neuralgia and Rheumatism. Acute and Chronic Rheumatism. Swelling of the joints. Inflammatory Rheumatism. Contraction of the cords and tendons, and stiffness of the joints.

Scrofula. King's Evil. Scrofulous sores. White swellings. Sore legs. Fever sores. Goitre. Swelled neck, &c.

All the varieties of cancer, especially on Ladies' breasts, and on the face, lips, tongue, gums, &., or anywhere on the surface of the body and limbs.

I will in this place designate a few medicines, which, if kept in families or by individuals, and used as directed and as occasion requires, will be found most valuable, indeed absolutely priceless, and by the use of which almost every disease in a family may be cured, if used as soon as possible after the attack and persevered in until the disease is cured.

The diseases cured by these few medicines are as follows:

Sick Headache,
Colds,
Pneumonia,
Pleurisy,
Inflammation and Congestion of the Lungs,
Croup,
Sore Throat,
Measles,
Whooping-cough,
Scarlet Fever,
Cholera Morbus,
Diarrhœa,
Dysentery,
Bloody Flux,
Diarrhœa, or Summer Complaint of Children, attended with green stools,
Indigestion of Children, attended with pain, colic, vomiting and diarrhœa,
All Bilious attacks,
Typhoid Fever,
Diphtheria,
Quinsy.

The medicines are:	Price.
Cathartic Pills	$ 25 per box.
Biliary Corrector	1 00 " bottle.
Expectorant	1 00 " "
Anti-Dyspeptic Mixture	1 00 " "
Life Ointment	1 00 " box.
Whooping-cough Cure, for one case	1 00

One dollar each case will be enough.

These medicines can always be had of me at 714 Broadway, N. Y.

Mr. and Mrs. Henry Carlisle, merchant, of Sheldon, Vermont, thus speak:

In our family we have used your medicines for twenty years; we have given them to our sick neighbors and friends, in hundreds of instances, with unvarying success, when timely used, and in many cases when all hope of recovery had fled. They are truly precious. In all bowel complaints of young children, the Anti-Dyspeptic mixture seems like the hand of God himself —so prompt is the help it gives.

Pulmonary Consumption. In 1840 I first began to lecture on Consumption in England. I afterwards lectured in the United States. In 1846 I published my six lectures "On the Uses of the Lungs. On the Causes, Prevention and Cure of Pulmonary Consumption, Asthma, Diseases of the heart. On the Laws of Life and Mode of Preserving Male and Female Health to One Hundred Years."

The teachings first enunciated in these lectures, and spread everywhere by the press and by intelligent lecturers and professors of medicine in this country, have materially lessened the prevalence and fatality of Consumption among all the educated, intelligent classes in the United States. My own impressions are, that among these classes in this country Consumption has declined one-third in twenty years.

In 1857 I published a large work on Consumption. In this I described twenty-four different diseases called Consumption. No disease to which we are liable is so entirely preventable as Pulmonary Consumption. It is also curable before the lungs are very greatly disorganized.

CONSUMPTION.

I need not describe this disease, it is so universally known. As a general thing, it is indicated by a cough and expectoration, pain, shortness of breath, chills, fever, night-sweats, loss of flesh and strength, a general wasting of the system, which, if unchecked, in a longer or shorter time lays the sufferer in the grave. In some cases, especially in those who are consumptive by their family, its beginning is hardly noticed. One of the earliest symptoms of Consumption is a sense of weariness, loss of strength, easily overcome by exercise or labor; slight shortness of breath, much increased by any exertion; a disinclination to exercise, &c. When these symptoms are noticed in any person, especially the young, and those who have any taints of Consumption in their family, either near or remote, they should receive prompt attention, and be cured. It is often the case that many are struck with Consumption long before they have a cough. Read carefully the following letters, and you will get as clear an idea of Consumption, and its symptoms and curability, as I can describe.

BRONCHITIS.

This is a skin disease, that affects the skin or membrane that lines the windpipe and vocal organs, and all the air-pipes and air-cells of the lungs. I mean all those surfaces which the air touches when it enters the chest. The effect of Bronchitis is to produce hoarseness, weak voice, loss of voice, cough and Consumption. Indeed, there are very few cases of Consumption where Bronchitis is not more or less present. Bronchitis is usually a true Salt Rheum. The cough in Bronchitis is usually attended with a copious expectoration of mucus, and even pus: of course the quantity raised will depend much on the extent of the disease. In some cases the cough is dry.

CATARRH.

This is a skin disease, located in the nostrils, often extending to all the nasal passages; backwards, it occasionally reaches the Eustachian tubes, causing partial deafness; upwards, it often enters between the plates of the bones of the forehead, inducing at times severe and long-continued headaches, pain in the forehead, temples, &c., often of a highly neuralgic character: sometimes only one side of the head is affected. I have seen catarrh produce fearful ravages in the nasal bones, so as to remove them entirely. Frequently catarrh is attended with a very offensive odor from the nostrils and parts affected.

These three diseases, Catarrh, Bronchitis, and Consumption are often found together in one person, and so are usually grouped together. Separately or together, they are curable.

How can their Curability be proved?

I think, best by the testimony of intelligent persons who have suffered from them and have been cured.

I give this proof from persons who can be easily referred to, personally or by letter.

Should you write to them, by all means enclose a stamp to pay the return postage. I especially request my friends never to answer a letter of inquiry if a stamp is not enclosed.

The writer of the following letter, Wm. Clayton, Esq., mar-

ried Mrs. Parkinson, widow of Wm. Parkinson, Esq., who with his uncle formed the celebrated law firm of Parkinson & Nephew, London, old England. They were solicitors to the Duke of Wellington, also to Coutts' Bank, and to the late Duchess of St. Albans.

Mrs. Parkinson, now Mrs. Wm. Clayton, suffered greatly for fifteen years from inveterate dyspepsia and female troubles. Mr. Clayton applied to me for her relief, and before long she regained her health. In London she told me, "You have saved my life." After Mrs. Clayton recovered, by her and Mr. Clayton's advice, many of their relatives and acquaintances placed themselves under my care; and all who did so were cured. Mr. Clayton always keeps my remedies on hand for the relief of any sufferers that come under his notice.

CONSUMPTION.

What is said of Dr. S. S. Fitch in London.

No. 10 Warwick Gardens, Kensington,
London, Nov. 13, 1863.

Dr. S. S. Fitch:

Dear Sir:—Six weeks ago I was sent for to see a young lady twenty-one years of age. She had been given up by four of our best doctors. They all told her she had Consumption and could not live many weeks. She had nearly lost the use of her legs. Her finger-nails were quite black. A bad cough. Nature had stopped eighteen months. I told her father and mother I could cure her with your medicines, and I am most happy to inform you that she it getting better very fast. She can now walk up and down stairs well by herself. Before I saw her, all hopes of her recovery were given up. Several persons have been to see her. They all think it quite a miracle.

A gentleman happened to call to see her a few days ago who had just returned from New York, and of course they asked him if he had ever heard of Dr. S. S. Fitch in New York. He told them, "*Yes; he is the best physician in New York, and very much thought of there.*" Mrs. Clayton, Mr. Parkinson, Mr. Scantlebery and Mr. Townsend all send their kind regards to you.

Yours, ever sincerly,
WILLIAM CLAYTON.

Case of John Carhart, Gilderland, Albany county, New York, aged seventeen years.

Called on me in May last. The February before he had an attack upon his lungs, which greatly affected them, leaving him with a bad cough, pain in his side, short breathing, &c. This continued on him four months. All medical aid seemed unavailing; all hope of his recovery was abandoned. His parents were urgently advised to consult me, which was done. In four months all cough, all expectoration, and all pain left him, and he is now in good health. His right lung was badly ulcerated.

New York, March, 1864.

March, 1868, is well.

Mariners' Harbor, Staten Island,
New York, Feb. 15, 1864.

Dr. S. S. Fitch:

Dear Sir:—I applied to you in August, 1858. I had then a very weak chest, cough, spitting blood a little at different times. My left lung very weak, and said to have been ulcerated. I have fully recovered my health years ago. Last year my health was better than I ever remember it, and is now very good. I have the utmost confidence in your remedies. Two years ago I lost a sister by Consumption.

Yours, truly,
THEODORE M. DECKER.

February, 1868, is well.

Brandreth House, New York,
June 10, 1862.

Clarke Rice, Esq.:

Dear Sir:—I have just heard from my friend, Dr. S. S. Fitch, of 714 Broadway, that he purposes to visit Watertown for a few days. I have been long and intimately acquainted with Dr. Fitch. He cured me of a bad cough, expectoration, &c., which had affected me eighteen months. I have sent many invalids to him, suffering with sore throat, cough, bleeding lungs, heart-troubles, dyspepsia, &c., and have in every case

witnessed relief, and in many cases most astonishing cures. I have witnessed Dr. Fitch's immense practice and great success for many years, until I am forced to believe that he is one of the first of all living physicians. He leaves home a while for the benefit of country air. Your citizens will have a rare opportunity of profiting by his great science and experience. You can recommend him to your friends with the most perfect confidence.

Please accept my affectionate regards.

GEORGE H. MALLORY.

A Case of True Consumption Cured.

Interesting Letter from Cornelius de Revere, Esq.

TARRYTOWN, NEW YORK, March 10, 1854.

DR. S. S. FITCH:

DEAR SIR:—I feel it to be a duty I owe to yourself and the community to make a public acknowledgment of the fact that under your treatment, by the blessing of God, I have been restored to comfortable health after going down to the very borders of the grave with true *pulmonary consumption.*

As I am informed by physicians, it is nearly or quite impossible to determine with absolute certainty that any individual now in health ever had true consumption,—that although consumption may be curable, still the facts of such cure can only be obtained by a *post-mortem* examination of the lungs. This may, in most cases, be true; but it is not in my case, as the circumstances which I will relate conclusively show.

Consumption first began to develop itself in my lungs in 1842, by a cough, and the usual attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulders, and under the shoulder-blades. The disease continued slowly but steadily and obstinately to progress. The best medical advice and assistance I could get appeared to oppose no check to it. By the year 1845 I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of diseased and wasting lungs. During the last named year, a new feature presented itself: a large abscess gathered in the left side, and broke, discharging a great quantity

of thick matter, resembling very much that which I coughed up. This discharge continued until I called on you in 1847. *It proved to proceed from a cavity in the lungs.* Ulcerous and tuberculous, cheesy matter was discharged; but what showed conclusively that the opening penetrated into the substance of the lungs was that the air passed out through the abscess. *I could, and did frequently, blow out a lighted candle,* by placing it immediately before the opening, and making a sudden effort at inspiration. Here was positive proof that extensive ulceration, involving the substance of the lungs, was going on. All my symptoms indicated consumption,—cough, expectoration, distress for breath, hectic fever, night-sweats, &c. My friends and my physician regarded me as certainly doomed to the grave by the disease which was on me as though I had been already in my coffin.

This was my apparently hopeless condition when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a disease so firmly fastened, but still encouraged me by saying that you thought it *possible* I might be cured if I adopted and faithfully pursued your treatment. I did so; and with gratitude to God for his blessing upon the means you employed, and with gratitude to you for your skill and kindness in treating me, I can say that I have been in the enjoyment of good health for the last four or five years. I pursue my ordinary business, have no cough, no pain, have my usual flesh, and nearly my usual strength. I do not suppose that I am as strong as I would be with lungs that had never been diseased. The front lobe of the left lung is nearly all gone.

My case may appear almost incredible to those who regard seated consumption as incurable. But if the skeptical will write or call on me at Tarrytown, N. Y., I can, I think, convince them that at least one case has been cured by your admirable treatment. With the sincere wish that others similarly situated may apply to you and find relief,

I am, most gratefully, yours,

CORNELIUS DE REVERE.

Mr. Revere is still in good health, 1865.

Mr. Revere died, 1866, of fever.

LITTLE FALLS, HERKIMER CO., NEW YORK,
March 3, 1864.

DR. S. S. FITCH:

DEAR SIR:—You wished me to write you a full statement of my case: I will try and do so as near as I can. In December, 1863, I was attacked with a severe turn of bleeding at the lungs. I was very much reduced, and so weak that I could not raise myself in bed nor even feed myself. I was attended by skilful physicians, who did all they could to relieve me; but the relief I obtained was only momentary. I had daily hectic fever, cough, expectoration, sore throat, and at times a great heat and dryness and tickling in my throat. Had severe palpitation of the heart, pain through my chest and shoulders, great pain in my back and sides, also costiveness, piles, sour stomach, bloating of the bowels, coldness of the lower limbs, night-sweats very bad. Physicians and friends thought consumption would soon lay me in the tomb: indeed, I thought myself that dread disease had fastened upon me with an iron grasp, no more to be unloosed until wrapped in the cold and icy arms of death. I had lost father and mother and other relatives with consumption, and I soon expected to follow them. I was in this state when my wife called on you at Utica, July 10, 1863, and stated my case to you. You gave her no encouragement. Your answer was that, under all the circumstances, the probability was that medicine would do no good, more than to relieve me for a short time, for you considered my case hopeless, but said if I wished you would give me medicine, with shoulder braces and supporter. I took them faithfully, but saw no change for nearly four weeks; only my appetite seemed to be improving. In about two weeks I was able to ride out, seemed to gain strength daily, and am now enjoying a comfortable state of health, although I have to be very careful of myself, as my lungs are still very weak. March 1, 1864, I called on you at Utica, the only time I have ever seen you. On examining my chest, you said, by strictly following your directions a few months longer, through God's blessing, I would again become a healthy man. I would advise all those similarly afflicted not to give up until they have given your remedies a trial. Kind sir, allow me again to thank you for the kindness you have ever manifested toward

me; and I sincerely hope your valuable life may be spared many years to come, and may Heaven's richest blessings rest upon you, is the sincere wish of your friend,

R. W. WHEELER.

March, 1866, Mr. Wheeler is well.

THOMPSONVILLE, CONNECTICUT,
March, 1866.

DR. S. S. FITCH:

DEAR SIR:—I cannot express the gratitude I feel for the kindness you have shown me and the benefits I have received from your remedies.

It is near two years since I heard you visited Providence, Rhode Island. I had heard of you before, and at once determined to see you. I was then very low, could not do any thing for self or family. I had given up all hope. Lungs congested, expectoration constant, hacking cough, night-sweats, palpitation, female troubles, fever, and so weak that to walk seemed impossible. Such I came to you. I had no appetite, could not sleep or rest nights for palpitation of heart and pain in the chest. Your words of hope and sympathy at once won my confidence. You told me I must be faithful in all you told me to do, and I would get well. I believed you, and did every thing you prescribed for me. Your supporter and shoulder-braces gave me great ease and comfort. I cannot speak highly enough of their benefit to me. All your remedies acted well upon me; and slowly, as you told me, I have yet surely gained. Thanks to you, I am now able to do my work for five persons in my family, and perform all the duties which devolve upon me. I have no pain, no night-sweats, no cough, do not take cold near as easy as before taking your remedies. I am proud to tell of the kindness and sympathy you have ever shown me, which, to a nature as sensitive as mine, has great power. I can eat, sleep, and work, walk, and feel a new life. I am quite convinced that Consumption is in your care curable, if the patient will not get discouraged, but faithfully and long enough persevere. I have allowed nothing to discourage me: I relied on your word as a gentleman, and in doing so felt safe. I shall with pleasure an-

swer any inquiries, and hope you may long be spared to be a blessing to others. I hope to continue to see you, as long as you come near me, so to be firmly established in health.

With every good wish for your health and success, I am, sir,

Very truly yours,

JANE FRANCIS.

Case of Mrs. Abby J. Hadly.

If there are any who deny the curability of Consumption, the following case ought to satisfy them to the contrary.

AMSTERDAM, NEW YORK, March 5, 1864.

DR. S. S. FITCH:

DEAR SIR:—In December, 1862, I was taken with a cough and trouble of my lungs, especially the right lung. This increased, with fever. My expectoration became very copious; I raised a great deal of pus. I suffered from chills, fever, and night-sweats. I lost flesh and wasted rapidly. My appetite was very poor, and my monthly nature left me entirely. The ends of my fingers became knobby, and the ends of the nails turned inwards; there was a dark purple color under my nails. Great quantities of matter would seem to accumulate in my right lung; finally, an ulcer opened through the chest between the fourth and fifth ribs, about four inches from the breast-bone, nearly in the centre of the front of my right chest. When I drew in my breath, the air would rush out through this opening, so that I could blow out a candle from it; the air would make a whistling, rushing sound whenever the ulcer was uncovered. Through this opening a great quantity of pus passed out every day. I have known as much as one pint to come out at once. Most usually about half a pint would come out night and morning when the ulcer was opened. I was wholly confined to my bed, and had a bad cough, chills, fever, night-sweats, poor appetite, &c. In this situation I lay in my bed five months, and was reduced to a mere shadow of my former self. My face was pallid and utterly sunken. All hope of my recovery had disappeared. I had the best medical advisers the country afforded. All faces reflected on me but one look—that of hopeless pity. On the 19th day of October, 1863, I commenced taking your medicines and following your directions. Without the least

shock to my system, and hardly apparent at first, I began to recover, and every symptom of my dreadful disease improved; my cough lessened, my appetite returned, I raised less, and the discharges through the ulcer became less, until, finally, all symptoms of disease disappeared. I am now very well; color has returned to my cheeks; indeed, I think my complexion is better than before I was taken sick. I have not entirely recovered my strength, but I am very well. I have no cough and no expectoration, no pain, &c. I need not say any thing of your remedies, directions, &c.; the result of my case tells enough of them. I have only to thank a good God for having directed me to you, and to thank you for your most benevolent kindness.

ABBY J. HADLY.

Mrs. Hadly is very well, March 27, 1868.

Throat-Disease and Loss of Voice for Twenty-five Years perfectly Cured.

JEFFERSONVILLE, INDIANA, October 22, 1854.

DR. S. S. FITCH.

DEAR SIR:—In 1828 I began to lose my voice. In six months I was entirely speechless. I tried the best physicians in five different States, without benefit. I applied to you last spring. I was then speechless, and coughing almost incessantly day and night, with short breathing, and pain in the left shoulder. I commenced using your remedies and following your advice strictly, and the result is my voice is perfectly restored, and I am entirely free from bad feelings, which had never left me for one hour in twenty-six years. I lived a mute twenty-five years, but for the last two months can talk and sing as in my youthful days. My health is good.

Very truly, yours,

MRS. LUCRETIA LEWIS.

Case of Consumption Cured.

OBERLIN, OHIO, March 25, 1866.

DR. S. S. FITCH:

MY DEAR SIR:—It is about three months since I wrote, the improved condition of my health not requiring it. I can but fail

when I attempt to express the sense of gratitude I feel that God has been pleased to direct me to one through whose agency health, that most desirable earthly blessing, has been regained. I cannot forbear giving a synopsis of my case. In 1862 I was attacked with bleeding of the lungs, which my physician told me came only from the throat; but the attending weakness and prostration convinced me that it came from a more vital part. After several weeks, I seemingly recovered. Six months later, was attacked again, and bled now profusely. After a lapse of about the same length of time, had a third and still more violent attack; and thus the disease continued growing on me, accompanied by a severe cough, night-sweats, pain in the chest and sides, wasting of flesh, and general debility and prostration. I consulted the most talented and experienced medical men in the State, who pronounced me *labelled*, said my lungs were full of tubercles, and that a few months at most would confirm their opinion. Was unable to attend to business; and, being aware that I was constantly and rapidly failing, I despaired of ever being any better, and my friends gave me up, as gone in consumption. I was advised by one who knew of your successful treatment of that disease, and as a last effort, to see you; and, I must say, with little hope I went to your office in New York, the 6th of February, 1865. You gave me remedies, which I began using immediately after my return, using them regularly and carefully as directed. It was but a few weeks until I began to realize that the current had turned. My cough was allayed, pains subsided, appetite improved, strength accumulated; in short, life seemed renewed. There were times, however, when I became discouraged, because of a relapse occasioned by exposure or a cold; but I could but know that I was steadily improving, and in July, having used your medicines six months, I returned to my business, and since then have not been interrupted at all by lung difficulty, and have labored from ten to eighteen hours per day, and have gained twenty pounds. I now eat well, sleep well, and feel well—in fact, am in better health than I have been for six years. Had I yielded to the prevailing prejudice, that all pretension to cure consumption is quackery, I should inevitably ere this have yielded to the penalty of this most fatal error.

Remembering your kind and attentive care, and appreciating your success, I remain, my dear sir,

Yours, very truly,

L. R. DRAKE,

Prof. of Penmanship, Union Business Institute.

Case of Throat, Lungs and Stomach, lung diseased, Cured.

DR. S. S. FITCH:

On the sixth day of February, 1866, I called on you in this city. I had a bad cough four years, raised blood and a great deal of phlegm and matter. My throat was so sore and closed up that at times it seemed to me I must choke to death. I suffered cruelly from dyspepsia and distress in my stomach. Often after meals, I would feel as if I had swallowed a handful of needles. I suffered terribly from other complaints. I had utterly despaired of any cure. My father and grandmother died of consumption. Your remedies, in a few months, cured me wholly in all respects. What a delightful summer I have passed! I have taken some cold this fall, but for this, my health is excellent.

Refer to

55 WEYBOSSET STREET, Miss H——— M. S———.

PROVIDENCE, R. I., APRIL, 1868. Very well.

Case of Consumption Cured.

DR. S. S. FITCH:

Two years ago, last August, I called to see you. I had had a cough three years; disease called true Pulmonary Consumption; raised a great deal, much reduced, discouraged, no remedies useful, knew not what to do. My brother sent me to you —you encouraged me. For three months hardly any gain, even worse. I say this because many not better soon, or even worse, give up, who by good counsel and perseverance would have got well. You encouraged me. After three months I gained rapidly, in ten months cough was gone, I was well. In May left off flannels, took cold and a bad relapse; was worse than ever; your remedies again, faithfully used, cured me. My brother, not half

so ill as I was, applied to you two weeks after I did, declined treatment as not sick enough, and died of consumption in ten months. I believe with your remedies he would now have been living. I most urgently entreat others to seek your assistance. Gratefully I thank you for your interest in me and my cure.

No. 1 Broad Street, Miss A. W. PECKHAM.
Newport, R. I., April, 1868. Very well.

Conclusion of a very interesting Case of Long Illness.

Newport, Rhode Island, April 16, 1866.

Dr. S. S. Fitch:

Dear Sir:—I write to-day, not to ask for medicine or advice, but to tell you how well I feel. I have continued to improve in health ever since I saw you. It is true, I am not entirely free from aches and pains, and get tired very easily; still, I am most happy to call myself well. I am not taking any medicine now; I do not feel the need of it. Let me thank you once more for your kindness to me. I have but one regret about not needing medical advice; and that is, I dislike very much to lose sight of one who has been so generously kind to me, and taken such an interest in me. You will ever be remembered most kindly by

* * * *

ASTHMA.

Asthma, sometimes called phthisic, is a most distressing complaint, affecting the lungs and the breathing. At first it comes by attacks, lasting from two hours to five or six days and nights. It is characterized by short breathing, greatly aggravated on attempting to talk, or walk, or move, often not able to lie down at night. On first attacks there is, in many persons, a dry cough, which in some cases continues dry until the fit of asthma is over. In most cases, in from one to three days and nights, the cough becomes humid, and much phlegm or mucus is expectorated. In this way the attack goes off, and may return in one week or many months. Often these attacks increase in frequency, until the unfortunate sufferer is affected all the time, and cannot lie down at all at night, but is forced to sit up, oftentimes leans forward on some support, and for hours struggles against apparently impending suffocation. I have known

cases where for months and years they could not lie down at night. I knew one case of fifteen years continuance, that during the last three years the sufferer, a lady, could not, from debility and the disease, sit up or lie down; a sister held her up every night. I had the pleasure of curing this case permanently in three weeks. I have now known of her good health ten years or over.

I would say to the invalids, I always cure asthma in all its forms and in all its varieties. All get well. It is only a question of time. Some get well sooner than others, but all get well. Use the remedies I direct long enough, and you will get well. I have seen cases of asthma in aged people which I have thought advisable only to palliate.

Asthma of Twenty-Three Years Standing Cured.

A conclusive Letter from Charles S. Powell, Esq.

220 COLUMBIA STREET, SOUTH BROOKLYN,
August 14, 1856.

DR. S. S. FITCH:

DEAR SIR:—I owe it to the public and yourself to give a statement of my case. I was born and grew up at Islington, near London. Occupation, clerk and teacher. From early life I was subject to wheezing and asthma. I of course received the assistance of the best physicians in England—Dr. Leman, Teignmouth, Dr. Frederick Salmon, of London, and a great many others—with only slight relief. In 1836 I went to Egypt, where my asthma was relieved some, but had a bad dysentery. There met Dr. Abbott. In 1840 I returned to England, followed by immediate dreadful attacks of asthma. I stayed three years in England, then went to Syria, in Asia, and stopped at Beyrout (asthma left—had dysentery), and visited Jerusalem, in the Holy Land. At Jerusalem I saw Dr. McGowan. From Syria I went to England, then to Boston and this city. I suffered dreadfully with asthma in Boston; and, truly, I think my case was one of the worst I ever knew. I obtained no permanent relief whatever here, until I applied to Dr. Fitch, 714 Broadway. For many months now I have had no attack whatever, and consider myself perfectly cured of that affliction.

I remain yours respectfully,

CHARLES SAMUEL POWELL.

Case of Miss Mary Bigger.

BIN BROOK, C. W., March 3, 1864.

DR. S. S. FITCH:

DEAR SIR:—For four years I was very much affected by asthma. I had it some nearly every day, and at times very bad; often I could not lie down much at night. Every change of weather to cold, or wet, or wet and cold, or stormy, my asthma would at once come, and I would be very ill with it. I tried every thing I could hear of. Several physicians prescribed for me, but without much, if any, good effect. Last September I applied to you for relief, and used your remedies several months. The result, so far, is very happy. I have had but one attack of asthma since I first placed myself under your treatment. I do not take cold nor feel the changes of the weather as I once did. I feel, and have long thought myself, perfectly well. Please accept my best thanks.

Case of Donald McIntosh.

BUFFALO, NEW YORK, March 4, 1864.

DR. S. S. FITCH:

I have suffered exceedingly from asthma. I am forty-nine years of age. For six weeks before I saw you, I suffered all I thought I could suffer from asthma. I had a most severe cough, —would at times cough all night. I could not lie down at night. I raised very much; but the terrible trouble was my breathing; for hours together it would seem to me that I must expire for want of breath. My struggles to get my breath were awful. Any exercise, or the least attempt to do any work, or to move about, would at once threaten to kill me. In this state I called on you, the eighth day of January last. I have used your remedies faithfully as you have directed. I now find myself all but entirely well. I have no cough, no pain, no expectoration; all that remains of the terrible disease is a little, very little, short breathing on exercise. Refer any one to me you please.

Respectfully, yours,

Asthma Cured.

128 Jackbook Street, March 28, 1866,
London, Old England.

Dear Sir:—I am anxious to send you a testimonial to testify to the good I have received from you. I was afflicted with asthma for many years, and the attacks at last were of a nature so severe as to cause my eyes to appear starting from my head, my complexion to turn black, and the perspiration to pour from me. Night after night I was unable to lie down in bed, and my sufferings so great that I have not been expected to live until morning. My medical adviser said he could do no more for me—that I could not recover. My friends also considered my case hopeless. I then sent for you, and by your kind and skilful treatment, and taking your invaluable medicine, I am thankful to say that in four months I was quite restored to health. I find it quite impossible to express my heartfelt thanks to you; but you will ever have my unbounded gratitude for the inestimable good I have received from you.

I remain, dear sir, yours, gratefully,
MARGARET JACKER.

DISEASES OF THE HEART.

These diseases are usually considered fatal by all the medical faculty. As far as I know, I am the only physician living who asserts the curability of heart diseases. I believe I and my pupils are alone in this branch of practical medicine. During the last twenty years I have treated a great many cases of heart affection and disease. Nearly all have got well, and stay well. I treat heart diseases with great pleasure, as I always cure them, or nearly always. The exceptions are very few, both in young and old.

Heart disease is characterized by pain about the heart and left breast, often extending to the left arm, also a crowding in the left chest, very uneasy, strange feeling there; also irregular action of the heart, quick, rapid beating, on exercise, stoppage of one or more beats; beats rapidly, and stops with a sudden jerk, as if turning over; fluttering in the left side and pit of the

stomach, like a bird; throbbing in the stomach; long breaths often instantly cut off by a sharp pain under the lower part of the breast-bone or left side; throbbing at the pit of the stomach; great difficulty or impossibility to go up-hill or up-stairs; panting breathing; choking often in swallowing; any effort, walking against the wind, or lifting, or any unusual or sudden exertion, will produce palpitation and stoppage of the heart. If very bad, not able to lie down night or day; very nervous, and alarmed by any sudden excitement. Eating heavy meals affects the heart. Dyspepsia, indigestion, and costiveness all aggravate the heart-trouble. The head is often confused, fulness of the head, rush of blood to the head. A strong tendency to palsy and apoplexy; weakness of all the left side; sudden starting on going to sleep; swelling of the face and under the eyes; swelling of the feet and across the stomach. In some cases, sudden, acute shocks of pain dart like lightning through the chest and heart, at times affecting most severely the left arm at the insertion of the deltoid muscle. Fulness and throbbing in the head; often a throbbing is felt all over, especially on first going to bed; often a sudden starting up, just as falling to sleep. All sedentary persons, scholars, teachers, professors, bankers, clerks, judges—all especially of full habit, fleshy, and who take little exercise—may become subject to diseases of the heart. Late suppers are often fatal to such persons.

Case of George D. Webber, Conductor on the Hudson River Railroad.

This gentleman called on me September 1, 1859. He was a young married man, living at 569 Broome street, in this city. He once had suffered from rheumatism. He had suffered nearly all his life with sick headache. For two years past he had experienced very much palpitation, pain, and distress at his heart. At times swallowing was difficult, and he would have spells of very short, difficult, panting breathing. He suffered much from dyspepsia; his food would lie heavy upon his stomach, as if a heavy ball were in it. His food would ferment and sour, generating much wind. He was very bilious. About once in a week or ten days all his suffering would be much increased,

with sharp, severe pains through his heart, his left side, and back. His liver was much affected. His bowels would be very costive sometimes, then changing into a bad diarrhœa. His appetite was poor, his strength feeble, at times hardly able to do any thing. On examination, his heart was found to be much enlarged, so as to lift up the ribs over it, and to push the gullet towards the right side, at times; and also to press upon the left lung, producing very short breathing. From the heart itself proceeded a heavy rasping sound, showing that the valves were much affected. The circulation was very feeble. His feet and hands were habitually cold. In person, he was of medium height and spare. He had been doctored two years, without much, if any, benefit, but growing worse every month. All his medical advisers had pronounced his case hopeless. This was his situation and hopes when he applied to me. His heart was so enlarged, and his constitutional injuries so great, that he was obliged to take medicine two years—all the time, however, continuing at his business. His recovery was at first slow, as such bad cases usually are. I met him a few weeks ago, and he told me he was perfectly well. *

New York, March 12, 1866.

* Died in 1867, but not of heart disease.

From the Hon. John Kelly, M.C. from New York City.

New York, Nov. 24, 1857.

Dr. Samuel S. Fitch:

My dear Sir:—Supposing that others, afflicted as I have been, may be benefited by the knowledge and use of your remedies and treatment, I am induced to write you this communication. You may make any use of it you may deem proper. For a number of years I have been afflicted with what I supposed to be disease of the heart. At times I have had great distress in the region of the heart and left side, occasionally violent palpitation and fluttering of the heart; the circulation of the blood seemed to be slow and obstructed in some way; my digestion was very imperfect; I was nervous and despondent; was troubled with headache very much, and had turns of sinking, faint prostrate feeling, which were distressing and alarmed me. Having tried numerous remedies, as recommended by physi-

cians, and without any apparent benefit, I gave up all hopes of obtaining relief, when I was advised by a friend of mine to call upon you, as he felt confident that you would be able to relieve me. I am glad to inform you that his predictions have been fully verified. The medicines and treatment you prescribed for my case have had a well-nigh miraculous effect upon my system. I am now nearly restored to my usual good health, and by the aid of your remedies and the help of a kind Providence I hope finally to be completely so. I would most certainly recommend your treatment to any who may be afflicted as I have been.

Very truly, yours,

JOHN KELLY, M.C.

Mr. Kelly is well, March, 1868.

From Mrs. E. K. Clement, Pennsylvania.

STROUDSBURG, MONROE CO., PA.,
February 23, 1854.

DR. S. S. FITCH:

DEAR SIR:—It will be three years next winter since I called to see you. I was then pronounced in the last stage of the heart disease by the physicians of this place. They said there was no hope for me. I was then induced by entreaties of my husband to go and see you, yet with but very little hope of being cured. You gave me remedies, &c., which I took, and followed your directions to the letter, and in six months time I could say, "I am well." I can sleep as sweetly as a little babe, and on my left side as well as my right, which I could not do for years previous.

Since my cure of the heart disease, many have been induced to try you, and several more are going to see you this spring. Our doctors *must* and *do* acknowledge that you can cure that disease.

Yours truly,

ELIZABETH K. CLEMENT.

From John Knowls, of Virginia.

NORFOLK, VA., April 11, 1858.

DR. S. S. FITCH:

DEAR SIR:—It is with pleasure that I state to you that the remedies you have prescribed for me have had a wonderful effect already. I feel as if I were a new man. I have had no palpitation for the last two weeks; and I have only had that throbbing at the pit of the stomach twice since I commenced to take your medicine. I will be very thankful to you if you will send me some more of your Heart Corrector and some Pills, as I am entirely out. With heart-felt gratitude for the good you have done me, I am Yours, truly,

JOHN KNOWLS.

Another Most Remarkable Cure of Heart Disease.

If the following homely, but graphic and truthful, narrative does not convince the reader that heart disease may be cured, and excite at least some interest in that system of treatment by which this cure was effected, it must be because his prejudices are invincible.

TAMWORTH, CARROL CO., N. H.,
December 9, 1857.

DR. S. S. FITCH:

DEAR SIR:—I must apologize to you for not writing to you before. I certainly ought to have done so. At the time I applied to you I had taken so much medicine that did me no good that I gave up all hopes of recovery, and, to be honest about the matter, I thought the same of yours. But, sir, to commence the narrative of my case. Nine years ago I was taken with a slight pain in my heart, and just before I had the pain there appeared to be a raw or sore spot on the heart about as big as a five-cent piece. But it may have been imagination. It was, at all events, pretty sore, and I suffered the most excruciating pain in the heart. Then the heart commenced palpitating, and by spells it would entirely stop. One time in particular I fell senseless in my house; the neighbors were called, and by their

timely aid—by rubbing and putting something stimulating into my mouth—I came to myself again. My family became more alarmed than ever, and also my friends; they said that they thought I was past cure. I called on the best doctors of the day, as they were thought to be; they said, all as one, it was the heart complaint, and could not be cured. I was then very weak. Some of them told me they could make me easier. They left me some medicine, but all they prescribed hurt me, and I gave it back to them, one after another. After taking the medicine of the last one of them for some days, he came to see me, and found me lying upon the floor, for I had not lain on a bed for five weeks. I told him his medicine would kill me, and he had better take it away, which he did. The doctors all said that my disease was incurable. By chance I got one of your books: I read it, and it gave me some hopes. But my hopes were small; for I had not laid my head on a pillow for about three years. I had to sit up in bed with my shoulders covered up: I could not breathe if I laid down. Then, as the last resort, I thought I would write you—I think it was in October, 1852; and I stated my case as near as I could. You wrote me that my case was a bad one, but you thought you could help me. Even this encouragement almost gave me new life. You prescribed for me, and I got your medicines. In a few days I went out to my shop, some twenty rods from the house, where I had hands at work; I had not been there for six weeks. My health rapidly improved.

Some of the doctors told me, before I got help, that if Dr. Fitch helped me so that I could ever work again, they would go in for him on heart complaints: they are surprised now to think that I am so well. I now do as much work on my farm as I ask any man to do. If any one wishes to address me, he is at perfect liberty to do so. This is at your service; and may God ever bless you, here and hereafter!

Yours, with respect,

BENJAMIN F. TWEMBLY.

Case of true Heart Disease Cured.—Case of Capt. Geo. W. Cobb.

Dr. S. S. Fitch:

January 10, 1866, I called on you at your office in Boston. I had been ill a long time, and could obtain little or no relief from any one. I had severe pain in my left breast and side, in my heart, back, shoulders, &c. Great crowding and sense of fulness and suffocation in my left chest, a great deal of palpitation, stoppage, and fluttering and hard beating of my heart. Breath very short, which on exercise increased so much that I could walk but very little, or do any work, or take any bodily exercise. I was wholly given up as an incurable. I have now been under your care ten months. I am very well. I have been as well the last summer as in twenty years past. I have recommended many invalids to you, and your success with them excites my admiration and wonder. I would say to all invalids troubled with short breathing, palpitation, pain, headache, dizziness, especially elderly or fleshy persons, go at once to Dr. S. S. Fitch for relief. I feel as if twenty years have been added to my life.

(Signed,) GEO. W. COBB.

Dighton, Mass., Nov. 10th, 1866.

DYSPEPSIA.

This is a disease of the stomach, existing in all degrees, from very slight to great sickness, almost unable to eat any thing, attended with sour stomach, belching of wind, great oppression at the stomach. After eating, the food lies like a heavy load. At times great pain is felt in the stomach, and swelling and distention. The food remains long on the stomach, ferments and sours. In some cases it continues in the stomach weeks and months, many articles becoming wholly indigestible. The liver is usually sluggish and the bowels constipated; but in some cases a diarrhœa will exist. This state of the stomach often deranges the whole system, causing palpitation and great nervousness, pain between the shoulders, nervous headaches, and great debility. Dyspepsia at times leads to fatal diseases, and may itself become fatal; often ends in cancer of the stomach.

Causes of Dyspepsia.

There are two principal causes of dyspepsia. One is a universal debility of the system from long-continued sickness, scrofula, debilitating studies, excesses, &c.

But the most common cause of dyspepsia is a humor on the coats of the stomach, which occasions a burning in the stomach, and tenderness at the pit of the stomach, and congestion and thickening of the coats of the stomach. In some cases patches of the mucous membrane become denuded by the humor. Canker and eruptions come on the coats of the stomach, which extend up the gullet to the throat and mouth, occasioning hoarseness and cough. At times dyspepsia affects the eyes, causing floating specks before them and dimness of vision. I could add a great many more symptoms, but have not the space.

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39 HAMMOND STREET, NEW YORK,
March 23, 1858.

DR. S. S. FITCH:

DEAR SIR:—I write to say to you that I have derived very great benefit from the use of your remedies. For the last thirty years, until recently, I have been subject to violent bilious attacks, commencing with a chill, pain in the head and back, and in the bones, followed by fever, sickness, and great prostration, often lasting several days. No remedies that I could get, or advice of physicians, would prevent a recurrence of these attacks. Two years ago I commenced using your remedies, with entire success. I have hardly during my life enjoyed such uninterrupted good health as since I have made use of your remedies. One of my daughters, who has been during most of her life subject to violent attacks of sick-headache, has been entirely cured. You are truly a public benefactor.

Yours, respectfully,

A. SEYMOUR.

SIX MILE RUN, SOMERSET COUNTY, NEW JERSEY,
January 12, 1858.

DR. S. S. FITCH:

DEAR SIR:—It is due that I should thank you for the very great benefit I have received from your remedies. For several years I have suffered with sick-headache and a torpid liver. The attacks of headache came on periodically, and lasted generally three or four days, sometimes a week; and the pain and sickness I endured are indescribable. For more than a year, now, I have been free from them, having been completely relieved by your remedies. I would with great confidence recommend your treatment to others similarly affected.

Yours, truly,
JOHN POOL.

Rev. JAMES WELLS, of this city, (New York,) says:

I cannot forbear expressing to you my gratitude for the most delightful relief I have experienced from your remedies. I was for years the victim of distressing headache, which made my life a burden, and at times almost totally disabled me from any mental effort; in fact, disqualified me for any duty. Thanks to a kind Providence, last November I made use of your remedies. In the course of three or four days my head was relieved, and I have had but little return of the pain, which I at once relieve by your remedies.

January 12, 1858.

CHRONIC DIARRHŒA.

BREWERTON, ORANGE CO., NEW YORK.

DR. S. S. FITCH:

DEAR SIR:—I have been out of health for a year past. One year ago, or a little more, I had a run of the bilious fever, which left me in a very low state of health. I had a constant diarrhœa—for several months could not exercise at all without bringing it on. I tried various medicines, and consulted a number of physicians, but all without relief. I was very soon cured by your remedies. I can cordially recommend them.

Yours, truly,
CHARLES P. ADAMS.

Case of George C. Marshall, Esq., of Poughkeepsie.

This gentleman called on me September 20, 1858. He was very pale, utterly prostrated, exceedingly emaciated. He had a constant diarrhœa, and most distressing piles. He almost utterly despaired of cure from any quarter, as all remedies had failed. Within three months he was restored to health. The last time I saw him he was very well, and had regained all his usual flesh and strength. He had been out of health four years and a half.

Case of Baron H. Tatiosyan.

July 10, 1851, I was urgently requested to call on a gentleman living in 101 Fourth Avenue, below Thirteenth street, east side. I found him very ill with chronic diarrhœa. He said, "You are the one-hundred-and-twenty-third doctor I have consulted in three and a half years past. I have expended seven thousand five hundred dollars trying to regain my health. I spent six months in England trying to obtain relief. I consulted the best physicians in London, but without any good effect. The sea-voyages did me no good. I have consulted every physician of any note, in New York, without relief." The back part of his mouth was covered with canker, which extended down the gullet and spread over the coats of his stomach. His bowels were badly ulcerated, and discharged large quantities of pus every day. He could only eat a little beef-tea with a cracker soaked in it. Nearly all food distressed him exceedingly. This gentleman entirely recovered his health. Within four weeks he returned to his business, and in six months was very well. I met him some time ago; he was very well.

PILES, OR HEMORRHOIDS.

This complaint is always troublesome, and at times dangerous. There are three varieties of piles. The first is piles proper, where bunches grow from the internal coat of the lower bowel, near its termination. These bunches often come out, at times

suppurate, and break, causing great pain. In a great many cases, most intolerable itching is experienced.

Piles are supposed to produce or lead to fistula. In some cases, dreadful pains take place before and at stool.

Blind Piles.

Blind piles occur wholly within the bowels. Nothing comes out. They are often indicated by great pain at the evacuations, and by most intense pain in the back, between the hips, &c.

Bleeding Piles.

This form of piles is very common. They are mostly internal, often bleeding very profusely, most usually after evacuations. Great debility and prostration of the whole system may be produced, so as at times to lead to most dangerous results.

I cannot dwell long on piles. They are perfectly curable. I have treated many thousand cases with unvarying success. I always promptly cure them, when I think it advisable to do so.

URINARY COMPLAINTS.

Diseases of the kidneys, bladder, &c., are always annoying, mortifying, unpleasant; and at times they become the most awful and distressing and dangerous diseases that can affect the human system.

Gravel, diabetes, incontinence of urine; ulceration of the kidneys, bladder, and urethra; stoppage, scalding, burning urine, sometimes clear as spring water, at other times high-colored; scanty, thick, red or white sediments or mucus in the water; suppression of water, and finally stone in the bladder; bleeding from the bladder, kidneys, &c.

Most diseases of the kidneys, bladder, water-passages, &c., arise from a bad humor in the blood, which settles on these parts. Stone in the bladder is often produced by drinking lime-water. In most of the limestone districts, many old persons, who have for a long time drank of the lime-water, suffer fearfully from stone and gravel.

Suppression of urine, even if partial, soon produces most dangerous consequences to the system.

I have treated a great many cases of urinary diseases with the best success, often when previously declared fatal; and this in persons of all ages and sexes, from three to eighty years old, always curing gravel, and sometimes bad cases of stone in the bladder.

FEMALE COMPLAINTS.

These complaints always call for all the sympathies of the good physician. The most lovely ladies, both single and married, at times fall a prey to diseases peculiar to their sex. These diseases and disorders arise often from falling of the bowels and displacement of the internal organs; but the most frequent of all causes is a humor in the blood, which settles on all the parts affected. Any cause which weakens these parts, or irritates them, will cause a humor (in those who have impure blood) to settle on them, producing enlargements, discharges, ulcerations, with all the dreadful symptoms that cause a suspension of all the healthy functions; preventing pregnancy, and, at times, forcing the unfortunates to bed, unable to walk or stand, and this for years; profuse hemorrhages, unnatural discharges, loss of strength and hope, and, in some cases, fatal results occur.

I have been consulted, during the last twenty years, by near thirty thousand ladies, suffering every variety of disease or disorder incident to females. It is indeed rare that any have ever failed of cure. Numbers of bed-ridden ladies have been restored to health and activity. How many have become happy mothers, who had long despaired of it? How many cases of happiness restored to families? I could give hundreds of cases and letters, but have time or space for very few.

It is one of the most pleasing reminiscences of my life to recall the hundreds of lovely ladies who, by God's blessing, I have restored to charming happy health, with all its delightful consequences. Ladies may apply to me with perfect confidence of cure.

I must here warn ladies to avoid all physicians and surgeons whose practice is to apply caustics extensively to the womb, under pretence that it is ulcerated. It is only in the last ten days that a lady died at or near Springfield, Mass., from caus-

tics applied to the womb. A lady told me a few days since that she was present when caustic was applied to the womb of a young single lady not seventeen years old; after the application she fell on the floor in convulsions. Such practice as this is simply infamous, and usually aggravates the disease and prolongs the cure. I never adopt any thing of the kind, as I never fail to cure without it, and without exposing the lady in any manner or causing any pain.

From John Gordon, Esq., of Ottawa, C. W.

AYLMER, OTTAWA, C. W., October 20, 1856.

DR. S. S. FITCH:

DEAR SIR:—Two years ago I called on you as the bearer of a letter, citing the case of Mrs. Mary Gordon, the wife of my brother, who was then a very distressed and hopeless invalid. She had some two months previously been severely sick with a violent attack of erysipelas, which had confined her to the bed for some weeks, and which left her much diseased. She was confined to her house, and could not walk across the floor without assistance. Her whole system seemed to be poisoned. She had great distress, dizziness, and a sense of fulness in the head, pain in the chest and sides, between the shoulders and under the shoulder-blades, with a distressing, sinking feeling at the pit of the stomach, with cold chills running down the back and limbs. She had falling of the womb for seventeen years, which was constantly growing worse. The pain in her head was agonizing, and she and her friends feared at times it would drive her crazy. She availed herself of all the medical advantages which this part of the country affords, but without relief. You prescribed for her, and sent her remedies, abdominal supporter and braces, with medicines. They have cured her: she is completely restored to her health, and can now walk twenty miles, if need be. Her case has been considered very remarkable by our neighborhood, and has secured the gratitude of herself, her husband and friends. Your success in this case has induced many invalids in this vicinity to apply to you with various complaints, and almost uniformly they have been helped. Some of your cures have been wonderful. I cannot do less than recommend the sick everywhere to avail themselves of your admirable

treatment, confident as I am that it is best adapted of any that is practised to restore the invalid to health. Among those who have used your remedies with benefit, I may mention Miss Kellogg, whose left lung, her doctor said, was gone: she is well; also Mrs. Chamberline, and Mr. James Reid. Mr. Reid was far gone in consumption, and is now very much improved. I could name others, but forbear.

Trusting that your remedies may be effective in curing others,

I am, respectfully, yours,

JOHN GORDON,

High Constable, District Ottawa, C. W.

From Mary J. Winship, Pennsylvania.

DARLINGTON, BUCKS CO., PA., July 5, 1862.

DR. S. S. FITCH:

DEAR SIR:—It is with great pleasure that I write to inform you concerning my health. Little did I think, when I wrote you, that I would enjoy as good health as I do now. I cannot express the gratitude I feel to you, with the blessings of my heavenly Father, for the benefit I derived from your medicines. My health is better now than it has been these five years. My kind husband has spent a great deal of his hard-earned money for the benefit of my health; but I found little relief until I commenced to use your invaluable remedies. They have acted truly like a charm. I have now no pain in my side until I overexert myself. My bowels are more regular than they have been for the past five years. I am in all respects wonderfully improved.

Yours, with many thanks,

MARY J. WINSHIP.

RHEUMATISM.

THIS is a disease of very frequent occurrence; it prevails most in cold, windy seasons, and in damp places. Persons exposed to cold and hardship are most liable to it. Rheumatism is characterized by pain more or less intense, which affects the muscles and joints, and the membranes which cover the muscles

and bones. The joints are mostly affected, and swell; and if very long continued, you may lose the use of them. There are different varieties of rheumatism; on the nerves it is called

NEURALGIA.

At times the large joints, such as the knees, will swell very badly and be very puffy, but attended with little pain. Rheumatism is sometimes complicated with gout. In some it is a cause of consumption. It at times attacks the joints of the fingers, causing them to swell; if left too long, chalk is at times deposited in the joints; and finally, in some cases, the use of one or more fingers, and often of the whole hand, and even both hands, will be lost; and some persons lose thus the use of their hands so as never again to be able to feed themselves. Dreadful fate! Always preventable, always curable, taken in season. Rheumatism cripples thousands. It often settles on the heart, causing heart disease. I always cure rheumatism if applied to in time.

Case of Mrs. Tucker.

BUFFALO, March 4, 1864.

DR. S. S. FITCH:

For about three and a half years I was subject to a bad cough, bad sore throat and sore mouth, much catarrh, and a great deal of rheumatism. These various diseases continued to increase, until at last I could do no work, and I began to dread a fatal result. About one year ago I called on you in this city, and placed myself under your care. My complaints were obstinate, frequently returning after being checked; but finally all began to yield to remedies, until, in six months, I was all but entirely well. My strength returned; ability to work, to exercise, &c., all restored; no cough, no sore throat, no sore mouth, no rheumatism, no catarrh. I now find I rarely take cold, and consider myself as well as most people. You have all my confidence.

Respectfully, yours.

UTICA, N. Y., Feb. 13, 1858.

Dr. S. S. FITCH:

DEAR SIR:—When I called on you last fall, you will remember that I had been sadly troubled with rheumatism for a number of years. It seemed to have its seat in my back and left shoulder, and at times laid me up entirely. Nobody can tell what I suffered from it. Liniments and external remedies seemed to do me no good. I tried about every thing. Sometimes it went to my legs and feet, and again spread all over me. It was always worse in the spring and fall. Your remedies have cured me.

Yours, respectfully,
JAMES P. MAYFIELD.

OSBORN HOUSE, ROCHESTER,
Jan. 10, 1864.

Dr. S. S. FITCH:

I have for years been a great sufferer from rheumatism. In winter I have been subject to sudden attacks, so that at times I was not able to raise one and sometimes both arms to my head. At other times one or both ankles would be attacked, so that I could not walk; always attended with severe pain. Your remedies cured me within a short time. I thank you for the cure; I thank you for your kindness in thus curing one whom you knew could only pay you in thanks.

Thankfully, yours,
FRANK JOHNSON.

SKIN DISEASES.

NEARLY all the diseases that affect the human system are caused by humor in the blood. There are nearly fifty different diseases of the skin, or that in some form appear on the surface of the body, limbs, or face. They are all curable. Some require longer time than others to effect a cure.

The great leading varieties of skin disease are those which are humid: as salt-rheum, of which there is a dry variety.

There is also tetter, or ring-worm, with its varieties; also shingles, developing larger pimples; others in the form of little boils, especially affecting the face—in some cases covering the face with a most repulsive mask of red boils. Some develop scales; others are attended with itching and burning. Some produce very little pain, burning, or itching, &c. Most skin diseases may become very injurious to the constitution. Some will strike in and affect the throat, the lungs, the brain, heart, stomach, bowels, all parts—often the eyes and eyelids.

In doctoring skin diseases, the greatest care should be taken to cure the humor in the blood, and thus cure the skin disease, and not, by injudicious outward application, drive the disease to the internal parts.

I have treated almost every variety of skin diseases, and usually cure every case I treat.

Norfolk, Va., January, 1854.

Dr. S. S. Fitch:

Dear Sir:—Last June I called on you to see if I could be relieved of a most mortifying condition of my face. It was almost black with biliousness. Little red boils were profusely scattered over it—some red, some suppurating—and, with the dark and dusky spaces between them, produced a most repulsive appearance. This had been so a long time. I could find no help, and had no hope of any relief. I am certain no person of taste, male or female, could endure such a sight for one moment without aversion. In this condition you very kindly undertook my cure. In a few weeks my face was all I could wish. I then had my photograph taken, which the artist sent to the great exhibition in Paris, where it received the first prize, and was sold for forty dollars. I need not say how much I thank you.

Truly, yours,

MARTHA HAINES BUTT.

Case of John Reeves, Esq.

SHEPHERD'S BUSH, LONDON, ENGLAND.

DR. S. S. FITCH:

DEAR SIR:—Three and a half years before I saw you I was attacked by a painful disease on the back of my hands and on other parts, attended with much intolerable itching and burning. This continued to increase, attended with a discharge of scalding water from the back of my hands. For two years my hands were wet all the time—water running from them so as to wet my gloves instantly. I could not take a piece of money in my hands even for a moment without wetting it. My lungs and throat became affected. I had considerable cough. During this time I consulted the most eminent medical men in London, amongst whom was Dr. Willan, long celebrated for his treatise upon, and treatment of skin diseases; also Dr. Ferguson, the queen's physician. Not in a single instance did I find any relief. In this state I called upon you at 66 Berners street in this city. To my utter astonishment, in two weeks all my worst symptoms were relieved, all running of water from my hands was cured, my health rapidly improved, my strength returned, and I could do a full day's business. I have now been very well for years. I cannot sufficiently express my gratitude.

LONDON, January 1, 1864.

March 6, 1868, is very well.

BLACK ROCK, N. Y., March 4, 1864.

DR. S. S. FITCH:

DEAR SIR:—For a long time I suffered from a most mortifying skin disease all over my face. My complexion was truly repulsive, and I suffered much from female troubles. My face was thickly set with little red boils, which were hard, and terminating in little, whitish, festering points, which on being pressed would give out a little soft white matter. Scattered over my face, between the little red boils, came out little black hard points, which they told me were the heads of worms. These would remain a while, and form a sore and go off, succeeded by other black points. In this way, crop after crop of

little red boils and black spots would come and go. I need not say that my face was utterly repulsive. Frequently I would suffer a great deal of itching and burning over my face, and fever in it, that at times affected my eyes. A few weeks ago I put myself under your treatment. I am now most happy to say that all my female troubles are cured and my general health fully restored. My face is all but entirely well, nearly every vestige of the skin disease is gone, and my complexion is fast recovering its usual brilliancy.

MARY JONES.

Moth, brown or yellow spots, red pimples, black points, rose-blush on the nose or face, freckles and dark stains, blotches on the arms, neck, face and forehead of both sexes,—these complaints, which often utterly destroy all beauty, are perfectly curable, and the beauty of the face and clearness of the complexion may be fully restored in a short time. No one need doubt for one moment of a cure.

DIPHTHERIA.

A few years ago this disease was very fatal from ignorance of true remedies. Now it is rarely ever fatal, and is very easily cured.

It is in its severe form croup and putrid sore throat combined. It begins from exposure, wet feet and taking cold, &c.

The throat rapidly swells, and is thickened and closed up inside very much. The patient feels as if breathing through wool or cloth. The throat often swells externally, and if greatly neglected it may be fatal.

It is perfectly curable in a little while.

First rub the throat with any good strong irritating liniment, as hartshorn and sweet oil, oils of hemlock or cedar, &c. After this is well done cover the throat around perfectly with a cloth dipped in ice water, and cover again with flannels to cause prompt sweating. Let the wet cloth be flannel or cotton of three or four thickness, so as to cover the throat perfectly, and top of the chest, if the breathing is much affected. Change this

cloth once in two hours, and if very bad, every hour or half hour.

The patient may eat ice all the time, take little pieces in his mouth the size of beans, and let them melt over his throat freely.

Besides this, take of the following mixture every half hour one teaspoonful.

Chlorate of Potash	¼ oz.
Muriate of Ammonia	30 grains.
Liquorice ball	¼ oz.
Water	1 gill.

Mix.

Use this mixture several days after the throat is better.

Swab the throat faithfully with the following:

Nitrate of Potash	½ oz.
Chlorate of Potash	½ oz.
Common Salt	½ oz.

or 2 teaspoonfuls each.

Loaf Sugar	½ pound.

Mix all together.

Swab the throat freely with this in a dry state, and rinse the throat with cold water.

Take also a half to one teaspoonful of this mixture every half to one or three hours according to the violence of the disease.

This will soon wholly cure all the sore throat.

Avoid taking cold afterwards.

Cure of Whooping-Cough.

Unless whooping-cough is very mild, it should be arrested and stopped as soon as possible. To adults, and especially if inclined to consumption, it is a most dangerous disease. No relics of it should be left on the lungs. To alleviate and check it, the Tincture of Lobelia, Syrup of Ipecac., and a strong tea made from Chestnut leaves, are all very good. If any of these fail, or are not procurable, apply to me, and I will send prompt remedies at once. I usually cure whooping-cough down to a

mild cold which may last from four to six weeks, but giving no trouble and leaving no relics behind.

My whooping-cough cure soon takes all trouble or care from whooping-cough, and cures it wholly in four or five weeks, and stops any dangerous symptoms or effects.

THE COMPLEXION.

It is a duty of the highest importance, and most exacting, that all ladies should preserve their complexion, preserve it in all its attractiveness and in all its beauty. There is much difference in our estimate of features; what attracts and pleases one, may almost repel another; but all agree in the impression made by a clear perfect complexion. It attracts, it ravishes all beholders. The charm of young persons is owing to their beautiful complexion. The form in its height or its proportions, the feet, the hands, the eyes, the features, the step, the walk, the gait, the color of the hair, the expression of the eyes, all are noted and criticised by very varied tastes. But the complexion has one only standard from which no taste ever differs.

Some of the most beautiful women ever known have owed much, very much of their beauty to their wonderful complexion. The skin of the face, hands and arms, and all exposed portions, should be pure, clear, without spot or tarnish, and free from all suspicion of any disease. The perfection of the complexion requires that its softness should be preserved. If the unveiled face is exposed to sun or winds, the skin rapidly sunburns and hardens. To prevent this, veils are worn of greater or less thickness in western Europe and in American countries. But in eastern countries, instead of veils, thick cotton cloth protects the face, and the eyes only are uncovered.

This style of veil in Turkey, Persia, Egypt, &c., is called the Yashmak. It is singular that nearly all travellers impute the adoption and use of the Yashmak to arise from motives of jealousy on the part of the men to prevent the ladies from being recognized, when it is only employed to protect the complexion from the air and sunlight, which it does effectually. It is a device of the ladies themselves to preserve their complexion.

To preserve the complexion soft and clear, many fading beau-

ties apply to the face at bed-time, and wear it all night, thin slices of raw lean fresh beef.

Washes, cosmetics and powders too numerous to detail here, have been and still are used: some of mineral constituents which often become most injurious.

Whoever visits the European courts, and the homes and palaces of their Kings and nobles, is struck with the great beauty of the ladies' complexion, and the immense care and expense bestowed on its preservation. It is very striking to see the complexion almost as perfect at seventy as at seventeen. On looking at them the idea of age is rarely suspected from any change in the complexion.

Diseases of the face which destroy the Complexion.

These are of two kinds. First, those which affect the skin and go below it. Such are tetter, ringworm, acne, red blotches and pimples like small boils, little lumps or knots under the skin. Some swell out, showing black points which are called worms. Erysipelas in a chronic form often attacks the face and especially the nose, frequently causing it to swell, and be of a purple red; rose blush on the face, &c., is a species of chronic erysipelas. Every one and all of these skin diseases on the face are perfectly curable, and never should be allowed to exist, as they are great destroyers of beauty. Some of these complaints are often attended with much heat, flushing and itching. They are always caused by a humor in the blood. At times the whole face looks like a repulsive mask. In some cases these complaints increase to the climax of becoming cancerous; more particularly in men than in women.

All these cases are perfectly curable. I have treated a great many of them, and uniformly with success. It is only a question of remedies and time. Some cases require many months use of remedies to cure them. In some cases constant daily exposure of the face to the heat of stoves or open fires, will much retard a cure in cases of a burning humor on the face.

There is another class of affections of the face that attack only the scarf-skin which lies upon and covers the true skin. These complaints are freckles, moth, yellow and brown spots on the

forehead, under the eyes, and everywhere upon the face; these last are called cloasma. Premature formation of wrinkles at the outer angle of the eyes, and extending on the temples, this often at too early an age. For all these I have perfect remedies.

To preserve the complexion in all its attractions and beauty, the softness of the skin must be preserved, for if it becomes hardened, it becomes rough and wrinkled, and its delicate shades of color are soon destroyed. The person then looks prematurely old.

To preserve the softness of the skin, and so preventing upon the complexion the ravages of time, cold and heat, the sun and winds; I have never yet met with any thing that for perfect utility and satisfaction could, for one moment, compare with a preparation that has been used in all the courts of Europe, for the last three hundred years, and there called

THE KINGS' AND QUEENS' TOILET.

It might be called bottled beauty. Its daily use perfectly preserves the complexion so as to continue its color, softness and smoothness to a great age. It will retard the show of age at least ten to twenty years. Its use confers delightful health upon the face. No itching, no burning, no pallor, no freckles, no spots, no wrinkles.

For gentlemen, this preparation is invaluable, in stopping the growth of all cancerous formations on the face, and all burning and itching and tenderness after shaving.

It is a most complete toilet article for all redness of the eyelids, running of scalding or hot tears, and weakness of the eyes from exposure to the sun or wind, for chapped lips and chapped hands, itching and burning of the scalp, and for all falling of the hair. It forms a beautiful dressing for the hair, and wholly prevents its becoming loose or thin, and when the hair is thin, will usually restore a full head of hair. It has been sold in Europe at immense prices. It is an article that always gives the utmost satisfaction. Its composition is founded on the purest principles of science, and never can injure in any manner. In the toilet of infants, it is most delightful when diluted with soft water, about one teaspoonful of toilet to one gill of soft water. For all chafing and excoriations from any cause, it is excellent. Its use never disappoints.

ARMED FORCES MEDICAL LIBRARY
WASHINGTON, D. C.

N. B. Ladies usually feel delicate about placing their names before the public, so I would request any one that desires it, to write to me, and I will give them full and satisfactory references if requested.

This beautiful preparation is white as milk, and is purity itself. No oil, no soap and no minerals whatever are in its composition. It is prepared under my own supervision, and may be procured of me and of all druggists. It is beautifully perfumed by its own composition. The price in fancy ground glass bottles, with ground glass stoppers, is one and one half dollars a bottle. In plain bottles, it is one dollar a bottle, or five dollars for six bottles, and nine dollars a dozen.

It can be sent by express everywhere.

COLOGNE WATER.

Oil of Lavender	80	drops.
" Rosemary	160	"
" Lemon	240	"
" Bergamot	240	"
" Cinnamon	6	"
" Neroli	320	"
Attar of Roses	48	"
Musk	16	grains.
Alcohol	1	gallon.

CANCERS.

I have always felt a little nervous on the subject of claiming the curability of Cancers, as my medical and surgical brethren so uniformly protest that cancers are wholly beyond the reach of medicine. Most surgeons usually cut them out. Now, it is known to all surgeons that a true cancer, if cut out, always returns and kills the patient. I have doctored cancers twenty years, and do not recollect a single case, where my advice and remedies were early used and persevered in, but what the patient got well.

Varieties of Cancer.

There are two great varieties of cancer. First, those cancers which attack ladies' breasts, and begin below the skin. These are always curable, if doctored in any kind of season.

Second Variety of Cancers

Are those cancers which come on the face, cheeks, lips, tongue, throat, eyes, on the back and elsewhere, and which begin on the surface of the skin, increase and spread, eating down to the bones, and eat away vast surfaces, finally bleeding the patient to death. These are almost the only cancers which attack men.

Causes of Cancer.

All physicians and surgeons agree that all cancers, of every kind, are caused by a peculiar poison in the blood. It has been long noticed that in those who had been subject to skin diseases in early life, often develop cancer in later years.

Remedies for Cancer.

In treating and curing cancers I never use caustics, or cut them out. I cure them by giving medicines and using remedies which destroy the cancer humor, and soon the cancer will die, and go off, and all the parts affected become healthy and well as before, save what has been lost by the ravages of the cancer.

I place the patients in as perfect health as I can, and keep them so until the cancer is cured. I also use my Cancer Spring Water, from the Sheldon Spring, and add any remedies that the patient may require; as it is frequently the case that the patient requires more assistance than the water gives.

Cancer Spring Water.

In treating cancers I now always use my Cancer Spring Water. This water will not cure all cases of cancer, but in many cases farther assistance is required, and this assistance I render whenever requested.

My Cancer Spring is situated in Sheldon, Franklin County, Vermont. There are several springs of mineral water in this town, and the water is bottled and sold under the name of Missisquoi Spring Water, and Vermont Spring water, etc. Sheldon Spring Water. My spring is called the Sheldon Spring. It is twenty times the size of any of the others, and flows 12,000 gallons of water a day. It is much the strongest water of all of them, and acts finely on the bowels, which the others usually do not.

Its analysis shows it to be one of the finest mineral springs in the world.

The water is sent everywhere in bottles or in pure oak kegs. It preserves all its properties in either. In kegs it is much cheaper to the consumer, and he can bottle it at home.

Five gallons and keg, delivered at the railroad free of expense, is four dollars; ten gallons, six dollars; fifteen gallons, eight dollars.

Orders for this water, enclosing the money, will be promptly filled and sent to any address.

If preferred, the water will be sent in bottles, at about double the price in kegs. A letter to me will give all information, if requested. Orders sent to me, at 714 Broadway, N. Y., will be promptly filled.

Case of Miss Day, of Westfield, Mass.

This lady called on me in New York. She had a large cancer, which occupied the whole of her right breast. The swelling extended from above the collar-bone to the lower edge of the short ribs. It was a large cancer. Twelve weeks after commencing the use of my remedies she wrote to me that, from her armpits to the soles of her feet, over her whole person, she had broken out in a flaming, burning red rash. On recovering from this, the cancer was wholly dead; it then softened down, and all ran through the nipple. At the end of one year it had wholly disappeared. For some reason, I don't know why, Miss Day took no more remedies, and some time after a cancer came on the opposite breast, and she died of it.

Miss Anna Clow, Ghent, Columbia Co., New York.

This lady called on me in April, 1864. Both breasts were cancerous, very hard, and feeling to the touch like bunches or coils of snakes, or like a rough cauliflower. The breasts were full of this scirrhous, cancerous swelling. She took medicine over one year, when her breasts were perfectly well and still remain so.

Miss Abbey Potter, Newport, R. I.

In 1864, while on a professional visit to an invalid at Newport, R. I., I was consulted by Miss Abbey Potter, aged 33 years, who

had an immense cancer on her right breast. It was awful to look at. It would weigh, I should think, from four to five pounds, growing out pointed like a sugar-loaf. It was red, and hard, and grew as solid and firmly to the ribs as if a part of them. I gave all the neeessary directions and prescriptions to her attending physieian. In three months the eaneer beeame wholly loose, and was removed by cutting the skin, no bleeding or pain attending the operation. In one week the wound was well. It is ten years since, and she has never had any return of the disease, or any show of humor in her blood. She died a few months ago of brain disease.

Case of Jason M. Jones.

I visited Sheldon Spring on the 20th October, 1867, afflieted with a caneer in my right eye. The sore had then eaten quite or nearly to the bone; my eye so much inflamed as to be pretty much or quite useless. My general health was impaired; my stomach and bowels so deranged that I eould take but little nourishment. I saw no alternative for me but a certain and speedy death. At this time, the 22d of Novcmber, I ean freely and truthfully say that my general health is quite good; my stomach and bowels in a good and healthy eondition; the sore on my eye is healing fast, and my eyesight quite restored, so that I now feel eonfident of being fully restored to health, and of finally eradieating the effeets of the eaneer from my system.

In my ease I credit the restoration of my health, and the cure thus far of the eancer, to the use of the Sheldon Spring Water and the applieation of the clay at the spring.

My age is sixty-three years, and I reside at Wilbraham, Mass.

JASON W. JONES.

Sheldon, Vermont, Nov. 26, 1867.

This is to certify that about the year 1850, myself, wife and four children were badly afflicted with a disease we supposed to be the iteh, and every thing we did for it only made it worse. At that time I was residing in Sheldon, and was advised to try the water of a spring near Olmstead's Mill, now ealled Sheldon Spring—in a few days we were perfectly cured.

L. W. LAMPHERE.

Montgomery, Vt., Oct. 18, 1867.

Mr. H. E. Emory says:

In the year 1857 a little daughter of mine was afflicted with swellings under the arms and other parts of the body, for three years from infancy, which several physicians whom I consulted pronounced to be Scrofula, and probably hereditary, and decided that they could do nothing to help her. We then concluded to try the water from the then Olmstead, now Sheldon Springs, from the use of which, by bathing and drinking, omitting all medicines for three months, by which time all signs or traces of the disease had disappeared. The child continued to enjoy good health for two years thereafter, until she was attacked with scarlet fever, of which she died.

H. E. EMORY.

Sheldon, Vermont, Oct. 18, 1867.

Case of Mrs. Charlotte Keith.

I had scrofula and skin diseases from infancy, which increased as I grew older, until it was so bad that I was unable to wear shoes, and obliged to keep my hands and feet at times enclosed in cloths, suffering from the disease as much as any one could. In the year 1843 the Olmstead, now the Sheldon Spring, was recommended to me for the disease. I spent the summer of 1843 in the vicinity of the Spring, and made use of the water to drink and bathe, and from the use of the water I was cured so that I have not been troubled with the disease since.

MRS. CHARLOTTE KEITH.

Sheldon, Vt., Oct. 1, 1867.

Mrs. M. A. Crane says:

I consider the water of the Sheldon Spring to be equally as good as the Missisquoi Spring, and in my case *more* beneficial.

I had been using or drinking the water of the Missisquoi for seven weeks, without receiving any benefit. Have now been drinking the water from the Sheldon Spring for nearly three weeks, and thus far feel much better.

My disease was pronounced to be cancer on the tongue. I now have hopes of its being entirely cured by further use of this water.

MRS. M. A. CRANE.

North Williston, Vt.

Miss Anna E. Lyman says:

I was always subject to attacks of erysipelas, affecting different parts of the body; sometimes affecting a limb to make it useless for a time; sometimes confined to the neck, and sometimes in my face, so badly as to make me blind. Any over-exertion in warm weather was sure to be followed by a severe attack of erysipelas.

In the summer of 1856 I drank the water of the Sheldon Spring for three months; at the end of that time I was *entirely cured*, and have had no return of it since that time.

ANNA E. LYMAN.

Sheldon, Oct. 1, 1867.

Case of Samuel Campbell.

I have been troubled for twenty-five years with what physicians pronounced liver complaint, accompanied with rheumatism in the chest at times. The disease was always more troublesome in the spring than at any other season. In the spring of 1867 I found myself running down, until I was as unwell as at any former year. As I had often consulted different physicians, and followed their directions without any benefit, I decided to try the water of the Sheldon Spring. Soon after commencing the use of this water, the evacuations from my bowels became as black as a boot, and continued dark, but growing lighter for two weeks, by which time my bowels had assumed a healthy tone, and the discharges a healthy color, and have continued so ever since.

I have not, since that time, had any trouble with either liver complaint or rheumatism, or any symptoms of either.

I have been able, and have performed more manual labor the past summer, than in any former year, for the three or more years past.

I now consider my health restored and quite permanent, which I attribute to the use of the water of the Sheldon Spring, as I have not used any other medicine or remedy for the past summer.

SAMUEL CAMPBELL.

Swanton, Vt., Oct. 18, 1867.

CROUP.

This disease usually attacks children; yet sometimes adults are attacked with it. It usually prevails in the cold and changeable seasons of the year.

It is always produced by taking cold. In some cases, the cold for some days is slight, and does not attract much notice. In other cases, a cold is followed almost immediately by a sudden attack of croup.

Croup is characterized by hoarseness, wheezing breathing, or short breath, with some cough, and a distressing, anxious look. Thick phlegm chokes and soon begins to fill the windpipe. The continued passing and almost forcible pressing of the air through the windpipe presses and hardens the phlegm, until it takes the shape of the windpipe and is called false membrane. This, if not stopped soon, chokes the unfortunate person to death.

Treatment.

This disease is perfectly curable. No one affected by croup should be given up. Persevere in treating them until they are well or dead. On the first attack, or at any time when you see them, at once put the feet in excessively hot water for fifteen to thirty minutes, if not relieved sooner. At the same time rub on the chest, all its upper part, and on the breast-bone, and on the throat, my Pulmonary Liniment. It is a perfect remedy for croup. You may give Tincture of Lobelia, twenty drops to one teaspoonful, or syrup of Ipecac., one teaspoonful, every fifteen minutes, until free vomiting takes place.

My Expectorant is admirable for croup, given in full doses every quarter to half an hour, until vomiting takes place. Give it with warm water. The Pulmonary Liniment may be rubbed on the back of the neck and between the shoulders. Give also a tablespoonful of goose-grease, or lamp-oil: this is excellent. The Pulmonary Liniment and Expectorant may be used in less quantities for some time after the croup is better, until it is entirely well. If you cannot get my Pulmonary Liniment, then use the liniments given in the article on Diphtheria. Lard and Scotch snuff, rubbed together and freely applied to the chest

and throat, is excellent. Keep the bowels free with castor-oil. Do not give drenching, exhausting physic.

I never lost a case of croup in my life, and never knew one to die under the treatment I have advised.

After the croup is well, avoid exposure, or wet feet, or taking cold, until all traces of the disease have left. Treat any relapse of the disease exactly as you did the first attack.

Slight attacks of croup may be stopped at once by using the remedies, one or all, in much less degree; but all cases should be watched, and never allowed to go on for one hour, especially in croupy children.

SCARLET FEVER.

This is one of the most fatal diseases to which children are ever subject, and is often dangerous to adults. When not fatal, it often causes deafness, or leaves running from the ears, &c.

This disease is of the Erysipelas family, and is catching. Persons can carry the poison, which produces this disease, in their clothing, and thus carry it to those who have not had scarlet fever. Scarlet fever rarely occurs twice in the same person. It usually occurs in the cold and changeable seasons of the year, and sometimes rages with great fatality. It is caused by an infectious poison. Scarlet fever usually begins with a slight chill, heaviness or pain in the head, followed by a high fever, and in one or more days little red pimples come out more or less over the whole body, and a burning skin. In a little while a sore throat comes on, which often ulcerates and mortifies. Scarlet fever may be very fatal if not properly and promptly treated.

How to treat Scarlet Fever.

Keep the bowels free, but not drenched, with a little castor-oil, given every day. The whole surface of the body and throat may be sponged daily with saleratus and water, or soap-suds tepid. This may be done two or three times a day, if there is much fever. Put the feet in hot water often. If the fever should run very high, the patient may be put into a sheet wet in tepid or cold water, and kept in it an hour or so, until the fever abates. The greatest danger in the first stage of scarlet

fever is from the throat, which should be carefully noticed. If the throat swells, externally or internally, rub on it externally some of my Pulmonary Liniment, and wear a wet cloth around it for some days until it is well. Look at it inside, and if there is any soreness, swab it freely with powdered alum and molasses or syrup, or with borax and honey, or with powdered chlorate of potash, or powdered saltpetre and honey. Clean and swab out all the affected parts most faithfully. Never neglect this, as you value the life of the patient. Powdered gum guaiac and molasses is excellent to swab a scarlet-fever sore throat.

I here give the original remedy for scarlet fever left by my grandfather, Dr. Jabez Fitch, of Canterbury, Connecticut. This remedy has been used by my grandfather, my father, Dr. Chauncy Fitch, of Sheldon, Vermont, and by myself, in all one hundred and twenty-five years. It is one of the most valuable of all remedies for scarlet fever, and is very efficacious in erysipelas. It will cure scarlet fever after mortification has begun. I never knew it to fail of cure.

The throat, bowels, &c., may be attended to as I direct.

Recipe—Take pure, good vinegar, add to it as much pearl ash or saleratus as will make it sweet and remove all acidity. To this add fine salt as much as the liquor will dissolve. Give the patient half tea to one dessertspoonful every half to two hours, according to the age of the patient and the violence of the disease.

The following is much like it:

Internal Remedies.

Besides what I have told you to do, give the patient as follows:

Recipe—Chlorate of Potash..... one ounce.
Water, hot..... eight ounces.

Powder the potash, and then put the water to it. Take one teaspoonful to one tablespoonful of this water every half hour for one day; and after this every hour will be usually found sufficient. This is a perfect curative of scarlet fever. In five to seven days the patient will be apparently safe.

Patches of hard skin often peel off, and the red spots and rash disappear, and fever leaves.

SECONDARY SCARLET FEVER.

After and while the fever and eruptions are going off, the poison is thrown back into the blood, more or less. If a cold is now taken, or any imprudence in eating, or by costiveness, or over-work, or exercise, most dangerous symptoms often come on. The head swells all over, with burning heat and fever. The head and eyes are often attacked, and the face swells. Universal dropsy often takes place.

To prevent secondary symptoms, which are often fatal, especially to grown-up delicate ladies or youths, for at least three weeks after scarlet fever has left, keep in the house; avoid all possibility of taking cold, all through scarlet fever, and now. Let the diet be very light and simple; avoid all excesses of any kind. Keep warmly clothed. Take three times a day a portion of the chlorate of potash, as before directed, and some gentle physic. The best of all is my Cathartic Pills, daily, from the beginning of scarlet fever to the end of it, and at least three to four weeks after all show of the fever has ceased. If you cannot get my pills, use some other physic; but do not fail to take something daily to move the bowels all the time I have mentioned. These are the remedies I advise. I never lost a case of scarlet fever in my life.

SMITHFIELD, RHODE ISLAND, March 6, 1866.

DR. S. S. FITCH:

DEAR SIR:—In the summer of 1864 I called to see you at the City Hotel in Providence, Rhode Island. My health was very poor. I had not been able to do any work to speak of for three or four years. I could not walk any distance, and it tired me very much to ride. I was very weak, and felt fatigued all the time. My head troubled me; for several years it seemed like something pressing on the brain. I had a very bad throat, my voice being weak; and at times a hoarseness would come on that would last several days, and sometimes I could not speak aloud. I was very short-breathed, especially if I went up-stairs or up a little rising ground. I was very much bloated. You told me you thought you could make me pretty well. I commenced to doctor, and in a few weeks I was able to do consid-

erable work. I can now walk four or five miles at a time and ride without being tired. When I first called to see you, it tired me so to ride that it would take me a week to get over it. I don't know but I feel as well now as ever I did. It is astonishing to see what a change there is in me; and I would say to the afflicted, call and see Dr. S. S. Fitch, for if he tells you he can help you, you can rely on his word. I think your treatment for the scarlet fever is excellent. I had five children sick with this fever at one time. I doctored them after your prescription; they all recovered, while many around me lost their children. I earnestly desire that you will live many years to do good and enjoy life; and the prayer of my heart is that you may be strengthened and sustained, and may the Lord bless you abundantly, is the sincere wish of one that feels that she owes her life to you with the help of our heavenly Father.

Yours, truly,

MRS. MARTHA W. ELLIOTT.

MEASLES.

This is a catching disease, of an eruptive character. Once having it, you rarely have it again, if ever. It is somewhat like the scarlet fever, and has red patches come out on the skin. Scarlet fever comes out in red points all over, and a red, burning skin; but measles come out in red patches, and very little raised up, whilst between these patches the skin is natural. Measles usually begin with a cough, which may be on some days before the eruption appears. The disease goes off in five to six days, and, if not wholly cured, is apt to fall on the lungs, producing asthma, or bronchitis, or consumption. It often attacks the eyelids, affecting them for years, if not cured; whilst scarlet fever is more apt to attack the ears internally.

Treatment of Measles.

Measles require to be watched; and if the cough is bad, take my Expectorant, or some good cough medicine, and if they do not come out well, put the feet in hot water, and rub some of my Life Ointment on the front of the chest, on the arms, and calves of the legs. If a high fever, and the measles do not

come out well, put the patient in a wet sheet for one or two hours, and cover up warm ; this will usually produce sweating and bring the eruptions out perfectly all over. As the measles are going off, treat them in all respects as I have directed in scarlet fever: observe the same rules for diet, and avoid all excesses or exposures, and, above all, take a little cathartic medicine daily for three or four weeks. Measles rarely ever affect the throat. If there is any cough left after measles, cure it, by all means. Do not let it alone, as it is apt to lead to consumption, especially in those predisposed to it. If the eyes or eyelids are affected, keep taking gentle cathartic medicines daily. Wear wet bandages over the eyes every night, and keep the patient in a dark room until all trouble of the eyes is removed. Let no relic of measles remain on you, if you wish for future health.

ERYSIPELAS.

This disease is of the same family as the scarlet fever, only it has no eruptions, and may occur many times in the same individual. It is produced by colds, irregularities in diet, and by some kinds of food in some persons, and chiefly by an erysipelatous humor in the blood. It attacks all parts, but chiefly the face and head. Redness, heat, burning and swelling of the parts affected, are its marked symptoms. A high fever often comes on. Erysipelas often terminates fatally in old or debilitated or dissipated persons, or when it goes to the brain, or where mortification takes place in any part. It often commences with a chill, and when the person is very bilious.

Treatment.

In the beginning of this disease, put the feet in very hot salt and water, or in wood ashes and hot water. Keep the feet in and the water hot for fifteen or thirty minutes, so as to induce some perspiration if possible. Take also a potion of physic, such as rhubarb and magnesia, my Cathartic Pills, my Bilious Powder, or, if the person is of a full, robust habit, he may take a large dose of Epsom salts and senna. At least, take some

good physic, that will thoroughly cleanse the stomach, gall-bladder and bowels. Something to move the bowels should be given every day until the disease is well.

Externally.

Apply cloths dipped in ice-water and changed as often as they get warm. My Life Ointment is admirable, rubbed on freely, and then covered with cloths dipped in cold water.

A poultice of bruised cranberries cold put on to the affected part is often excellent, no matter how much the part is swelled. Give at the same time the following mixture: vinegar, saleratus and salt, as in Scarlet Fever, or

Recipe.—Chlorate of Potash.....one ounce.
Boiling Water.....half a pint.

In severe cases, give one tablespoonful of this every half-hour. After the patient is better, give this in reduced doses one to two hours apart. All the time keep up a free action of the bowels.

Let the diet be light and in moderate quantity, and such as agrees with the patient. If the stomach is loaded or disordered, the erysipelas often returns. Avoid taking colds, and keep the bowels free with a little daily physic, and the stomach in proper order. This usually prevents all erysipelas in any one, how much soever they may be predisposed to it. Erysipelas is easily cured if timely treated as I direct.

TYPHOID FEVER.

It is often the case that persons take a cold, or overdo in some way, or by great anxiety or mental trouble will feel very poorly and much indisposed, with failing appetite, or none, and night chills, with a little fever, or none; sometimes costive, at other times slight diarrhœa.

In this state a physician is called. The disease, he says, is typhoid fever, and at once large doses of quinine are given, and these doses are repeated. The head, at first lightly affected becomes fearfully oppressed; the patient soon becomes drowsy and heavy—answers if spoken to; pretty soon, in two to six days, if this course be continued, he becomes delirious, and this

confirms all in the belief that it is typhoid fever, and typhoid fever is only to be cured by using large doses of quinine, brandy, calomel, &c.

The skin is hot and dry; throbbing temples; burning hands; dry, black, furred, parched tongue; no appetite; bowels slow, or a watery diarrhœa. In these cases the patient rarely lives over fifteen days: some live longer and some die sooner. I most solemnly believe that nearly all the deaths from typhoid fever would be prevented if proper treatment were pursued.

Treatment of Typhoid Fever.

In nearly all diseases of the human system, obstruction to some of the functions of life exists; somewhere there is too much of something, somewhere there is too little; and this something too much is in nearly all cases a poison in the blood, which oppresses some part—it may be the brain, the nerves, the throat, the lungs, the heart, the stomach, the liver, the bowels, the kidneys, the skin, the bones, the joints, &c.

The fever, pain, and all the unhealthy actions of the system are caused by the efforts of nature to get rid of this obstruction, this poison, this something too much.

The remedies used should assist nature, not promote or exaggerate the disease. In this idea is contained the whole philosophy of medicine. To get rid of this offending substance, we must open all the principal outlets of the system, the principal of which are the skin, the bowels, and kidneys.

When this low-state threatening fever begins, do all you can to open the skin and excite free perspiration. For this purpose use hot mustard foot-baths—let the water come as high up the limbs as possible. Wood-ashes may be used, or mustard, or both. Keep up the heat of the water long enough, say one hour, until the patient is in a perspiration as free as possible. On going to bed, after the foot-bath, or before, give a large dose, of extract of dandelion and senna, so as to freely move the bowels. Every day take a portion of physic—pills, or dandelion and senna, or my pills, or biliary powder, or biliary corrector, or picra, or castor-oil. Sponge the body over twice a day with strong soap and water, strong soap-suds. Do this when the fever is on. The skin may be sponged with saltpetre

and water freely, and cold if the fever runs high; cold wet cloths may be kept on the head, forehead, &c., all the time if the head is hot; onions boiled hot, or hot boiled potatoes, may be kept on the soles of the feet all the time, day and night.

The diet should be very light at first, consisting only of flour or Indian meal gruel well boiled. After the fever abates, chicken soup, or beef or mutton soup—no grease—a little stale bread, may be used three times a day or so. Do not urge the diet, or gratify a craving appetite; be most careful until the patient is well.

Drinks.—The patient may at all times drink as much as he pleases of any herb drink, warm or cold, as he wishes. After the fever is over he may take a little good whiskey, or brandy, or wine, as he wishes, all moderate at first.

By beginning early and pursuing this course there is not one case in fifty but what will recover. Remember, whatever else you do, give some sort of physic every day. This will prevent the fever from settling on any part.

Typhoid Fever Relapses.

Many die from a relapse in typhoid fever after getting nearly well. Avoid all causes of relapse. These causes are overdoing, over-exercise, overwork, and over-eating, going out too soon, &c., &c.

In cases of a relapse, treat them just as you did at the first attack. In case the patient is nervous and trembly, strong valerian tea may be freely drunk, or the scullcap, or the ladies'-slipper root tea. Drink as much of these as you please. By treating the patient in this way, and by avoiding quinine entirely until the fever is well, and using it sparingly at any time, by using no calomel whatever, the patient will get well and not be injured in his constitution at all.

How to Prevent Taking the Fever.

If you are much with typhus or typhoid fever, take daily a good portion of pills or rhubarb, or something to move the bowels kindly every day. If you do so, you will never take it. You can never take the yellow fever, how much soever exposed to it, if you move your bowels freely every day with pills or physic, and keep the skin clean.

YELLOW FEVER.

I need not describe yellow fever, or where it prevails. This is too well known. It is an enemy that kills in a very short time if not promptly cured. Its treatment admits of no delay. I only give you a perfect cure; it will not fail you.

Treatment.

On the first show of the disease, drink one or two quarts of strong, warm herb tea, such as boneset or any of the mints. In ten minutes or so after drinking the tea, take a lobelia emetic and vomit yourself for an hour or more. Do it most faithfully. Vomit yourself as nearly to death as you can and not die. Take an open chair—say a split cane, or such open-bottomed chair—place under it a saucerful of burning rum or alcohol; take off all your clothing, sit on the chair and have blankets put all around you, so as to be entirely covered except your head, but so arranged as to allow the vapor of the burning alcohol to pass all around you. Perspiration will run off you as water. Sit on this chair thus perspiring until you faint and fall off the chair. Let them take you up and give you one-half a pint, a tumbler-ful, of castor-oil. Now be placed in bed and covered up warmly; you will sleep some and sweat several hours, say five or six hours; on awaking, your oil will freely operate and you will be perfectly well. You must lay in your bed fourteen days, and take only water-gruel, not a bit of solid food. Take not the least exercise; keep close from the air, &c., during the whole fourteen days. If you do not do this you will have a relapse, and must be treated exactly as at first. If exposed to yellow fever, take some pills or physic every day, so as to move your bowels freely every day, and you will not take the fever. Besides this, avoid all irregularities, and eat no fruit or any food that can disturb your system. When you leave the yellow-fever district, pursue the same course as regards irregularities, &c., until you have been away from the infected district for at least fourteen days. In visiting all hot or tropical climates, never swallow the pulp of any fruit; only swallow the juice, and spit out the pulp wholly and entirely.

CHOLERA MORBUS.

I do not now speak of Asiatic cholera, but of cholera morbus. This disease usually occurs in summer and the early fall months. It is caused by improper food and by taking cold after eating such food.

Treatment of Cholera Morbus.

When it first begins, unless in a very old or very feeble person, do not check the vomiting or purging, as it is an effort of nature to expel offending and dangerous matter, but drink very freely of strong spearmint tea hot, with sugar or milk in it, or both, as you please. As soon as the stomach is somewhat sweetened, give a good portion of butternut-bark tea, or my pills, or castor-oil. Ten drops of laudanum and one tablespoonful of brandy may be given with the physic. Let the patient put his feet in excessively hot water for twenty or thirty minutes, with mustard in the water. Now lie down in bed, cover up very warm and get into a perspiration. In one to six hours the physic will operate freely, and all trouble will be over. Keep quiet a day or two, and eat only of gruel.

This is the way cholera morbus generally ends. In some rare cases the remedies are not used soon enough, or it occurs in old or very weak people, in which case treat it as I have told you; also give every ten to thirty minutes one teaspoonful of the compound tincture of gum guiacum, and with ten to forty drops of laudanum. Flannel or cotton cloths may be dipped in very hot salt and water and applied to the pit of the stomach and over the bowels. Hot mustard-water may be used. If, however, the complaint does not yield, use some of my cholera remedy, of which you will find the prescription in the article on the Asiatic cholera. Black-cherry brandy is excellent, and so is blackberry brandy. Take a little; do not urge medicines beyond what is necessary. Keep the patient quiet as possible, and get him into a free, full perspiration. After it is over, keep quiet a few days, and eat only very light food.

ASIATIC CHOLERA.

I need not describe this disease. One case never occurs alone. Single solitary cases are only cholera morbus. Asiatic cholera, usually termed cholera, never prevails except epidemically, and, of course, attacking many people.

Symptoms.

It usually gives its warning by one or more days of a slight diarrhœa of a watery, almost colorless, discharge, by which it differs wholly from cholera morbus, which never gives much warning. No pain attends the diarrhœa. After one or more days of diarrhœa, vomiting and purging begin, with sudden collapse or sinking of the system, which, if not relieved, soon terminates fatally.

Cholera has been in the United States only four times in thirty-four years. Only three periods of cholera were of much extent. Cholera usually appears in the warm season of the year, and rarely continues in any locality longer than twelve weeks. When cholera prevails, it is well known that those who live right all but never have it; but any imprudence in living, exposure, excesses, overdoing, dissipation, or improper food, are almost certain to bring it on.

How to Avoid Cholera.

If possible or convenient, leave the cholera district and reside where the cholera does not prevail or exist. Take with you all you can, and twelve weeks of such seclusion and all danger or fear of cholera will be over. Never go to a cholera district or return to one you have left until the cholera has entirely ceased at least four weeks. Many have lost their lives by returning too soon to a cholera district.

During a whole cholera season live discreetly, wherever you are. Should you be obliged to remain where cholera is, do as follows: keep yourself clean and all your premises where you reside, remove all nuisances and all filth of every kind.

Avoid taking cold, avoid all excesses and imprudences of every description. For breakfast, eat stale bread, also toast, good

butter, and a little hashed meat, or beef-steak, mutton-chops, &c., and tea or coffee, if accustomed to use them. For dinner, well-cooked, sound meat, well-cooked potatoes, bread, boiled rice, &c. For tea, same as breakfast, but no meat; and no supper at all.

What Not to Eat.

Eat no fruit at all, either cooked or raw. Eat no tomatoes, no corn, no cabbage, no raw vegetables of any kind. Eat no apple-dumplings, no shell-fish, no fresh fish, no smoked fish, or smoked meat, no bananas, no pine-apples nor oranges, no sweet potatoes, no nuts, no pastry, no hard-boiled eggs, and no heavy meals late in the day; no melons, no cucumbers, no pickles:— in fine, eat nothing that can disagree with your stomach: run no risks and make no experiments in your diet. I have seen a whole family swept away by one lobster.

Keep your bowels free by habit of a daily evacuation. If necessary to this, you can chew a little rhubarb, but take no drastic physic, especially salts. My Biliary Corrector may be taken after each meal, so as to keep the bowels regular; avoid costiveness or drastic physic.

Never go to sea, or on any long voyage, in any ship or steamer that leaves a port where cholera prevails, as cholera is almost certain to break out on such ship or steamer. Cholera on shipboard is an awful disease.

Treatment of Cholera.

On the first show of cholera diarrhœa, if you have been exposed to cholera or are in a cholera district, put one tablespoonful of common salt into a tumbler, half a pint of hot water, and one teaspoonful of ground red pepper; drink this off; in a few minutes it will vomit you freely. This will, in nearly all cases, break up the cholera. Live on gruel three days, and you will be well.

If the cholera goes on, take three drops of camphorated spirits every fifteen minutes, and also a little brandy. Take every measure to keep warm, and lie as still in bed as you can. I give you here a cholera remedy which is most admirable. Use it when you can get it.

Perfect Cholera Remedy.

Recipe.—Gum Camphor ..... 1 oz.
Laudanum ..... 1 oz.
Red Pepper ..... 1 oz.
Oil of Spearmint ..... ¼ oz.
Oil of Cinnamon ..... ¼ oz.
Oil of Cedar ..... ¼ oz.
Oil of Hemlock ..... ¼ oz.
Alcohol ..... 12 oz.

Mix.

Directions.—Take fifteen drops to a teaspoonful in a wine-glass to a gill of hot water often, until relieved.

No one, travelling or resident where cholera is found, should be without this remedy : it is excellent.

If you have eaten any offending substance whatever that might hurt you, take a good portion of stimulating physic, such as my Stomach Bitters, in large doses, or my pills, or any good stimulating physic, and keep quiet for a day or two. Do not in a cholera district be afraid to take a little stimulating physic, so as to keep the bowels, stomach and liver free, and not loaded at all ; but do this, above all, if you have eaten any of the forbidden articles, or any bad, indigestible, or fermentable or acid food, or if you have overloaded your stomach and feel symptoms of stomach or bowel disturbance.

Is Cholera Catching?

Answer yourselves this question. Are you more liable to have cholera where it is, or where it is not? If you are more liable to take it where it is than where it is not, then in that place it is, in some degree, catching.

After recovery from cholera, avoid a relapse as you would death itself. But for a relapse use the remedies you used for the first attack.

To the foregoing on cholera, I append the directions and experience of the Rev. Cyrus Hamlin, who has been for many years a resident in Constantinople, as a missionary of the American

Board of Commissioners for Foreign Missions. His remarks on the use of injections where vomiting takes place are excellent. His whole directions are worthy of great confidence.

* * * "Having been providentially compelled to have a good degree of practical acquaintance with it, and to see it in all its forms and stages during each of its invasions of Constantinople, I wish to make my friends in Maine some suggestions, which may relieve anxiety or be of practical use.

"1st. On the approach of the cholera, every family should be prepared to treat it without waiting for a physician. It does its work so expeditiously that while you are waiting for the doctor it is done.

"2d. If you prepare for it, it will not come. I think there is no disease which may be avoided with so much certainty as the cholera. But providential circumstances or the thoughtless indiscretion of some member of a household may invite the attack, and the challenge will never be refused. It will probably be made in the night, your physician has been called in another direction, and you must treat the case yourself, or it will prove fatal.

"3d. *Causes of attack.*—I have personally investigated at least a hundred cases, and not less than three-fourths could be traced directly to improper diet, or to intoxicating drinks, or both united. Of the remainder, suppressed perspiration would comprise a large number. A strong, healthy, temperate laboring man had a severe attack of the cholera, and after the danger had passed I was curious to ascertain the cause. He had been cautious and prudent in his diet. He used nothing intoxicating. His residence was in a good locality. But after some hours of hard labor and very profuse perspiration, he had lain down to take his customary noon nap, right against an open window through which a very refreshing breeze was blowing. Another cause is drinking largely of cold water when hot and thirsty. Great fatigue, great anxiety, fright, fear, all figure among inciting causes. If one can avoid all these, he is as safe from the cholera as from being swept away by a comet.

"4th. *Symptoms of an attack.*—While cholera is prevalent in a place, almost every one experiences more or less disturbance of digestion. It is doubtless in part imaginary. Every one notices the slightest variation of feeling, and this gives an importance to mere trifles. There is often a slight nausea, or transient pains, or rumbling sounds, when no attack follows. No one is entirely free from these. But when a diarrhœa commences, though painless and slight, it is in reality the skirmishing party of the advancing column. It will have at first no single characteristic of the Asiatic cholera. But do not be deceived. It is the cholera, nevertheless. Wait a little, give it time to get hold, say to yourself, 'I feel perfectly well, it will pass off,' and in a

short time you will repent of your folly in vain. I have seen many a one commit suicide in this way.

"Sometimes, though rarely, the attack commences with vomiting. But, in whatever way it commences, it is sure to hold on. In a very few hours the patient may sink into the collapse. The hands and feet become cold and purplish, the countenance, at first nervous and anxious, becomes gloomy and apathetic, although a mental restlessness and raging thirst torment the sufferer while the powers of life are ebbing. The intellect remains clear, but all the social and moral feelings seem wonderfully to collapse with the physical powers. The patient knows he is to die, but cares not a snap about it.

"In some cases, though rarely, the diarrhœa continues for a day or two, and the foolish person keeps about, then suddenly sinks, sends for a physician, and before he arrives 'dies as the fool dieth.'

"COURSE OF TREATMENT.

"1. *For stopping the incipient diarrhœa.*—The mixture which I used in 1848 with great success, and again in 1855, has during this epidemic been used by thousands, and although the attacks have been more sudden and violent, it has fully established its reputation for efficiency and perfect safety. It consists of equal parts by measure of one part each of laudanum and spirits of camphor, and two parts of tincture of rhubarb. Thirty drops for an adult, on a lump of sugar, will often check the diarrhœa. But to prevent its return care should always be taken to continue the medicine every four hours in diminishing doses, twenty-five, twenty, fifteen, ten, nine, when careful diet is all that will be needed.

"In case the first does not stop the diarrhœa, continue to give increasing doses—thirty-five, forty, forty-five, sixty—at every movement of the bowels. Large doses will produce no injury while the diarrhœa lasts. When that is checked, then is the time for caution. I have never seen a case of the diarrhœa taken in season which was not thus controlled, but some cases of the advanced diarrhœa, and especially of relapse, paid no heed to it whatever. As soon as this becomes apparent, I have always resorted to this course. Prepare a teacup of starch, boiled as for use in starching linen, and stir into it a full teaspoonful of laudanum for an injection. Give one-third at each movement of the bowels. In one desperate case, abandoned as hopeless by a physician, I could not stop the diarrhœa until the seventh injection, which contained nearly a teaspoonful of laudanum. The patient recovered, and is in perfect health. At the same time I used prepared chalk in ten-grain doses with a few drops of laudanum and camphor to each. But whatever course is pursued must be followed up, and the diarrhœa controlled, or the patient is lost.

"2d. *Mustard poultices.*—These should be applied to the pit of the stomach, and kept on till the surface is well reddened.

"3d. The patient, however well he may feel, should rigidly observe perfect rest. To lie quietly on the back, is one-half the battle. In that position the enemy fires over you, but the moment you rise you are hit.

"When the attack comes in the form of diarrhœa, these directions will enable every one to meet it successfully.

"4th. But when the attack is more violent, and there is vomiting, or vomiting and purging, perhaps also cramps and colic pains, the following mixture is far more effective, and should always be resorted to. The missionaries, Messrs. Long, Trowbridge, and Washburn, have used it in very many cases, and with wonderful success. It consists of equal parts of laudanum, tincture of capsicum, tincture of ginger, and tincture of cardamom seeds. Dose, thirty to forty drops, or a half-teaspoonful in a little water, and to be increased according to the urgency of the case. In case the first dose should be ejected, the second, which should stand ready, should be given immediately after the spasm of vomiting has ceased. During this late cholera siege no one of us failed of controlling the vomiting, and also the purging, by, at most, the third dose. We have, however, invariably made use of large mustard poultices of strong pure mustard, applied to the stomach, bowels, calves of the legs, feet, &c., as the case seemed to require.

"*Collapse.*—This is simply a more advanced state of the disease. It indicates the gradual failing of all the powers of life. It is difficult to say when a case has become hopeless. At a certain point the body of the patient begins to emit a peculiar odor, which I call the death-odor, for when that has become decided and unmistakable, I have never known the patient to recover. I have repeatedly worked upon such cases for hours with no permanent result. But the blue color, the cold extremities, the deeply-sunken eye, the vanishing pulse, are no signs that the case is hopeless. Scores of such cases in the recent epidemic have recovered. In addition to the second mixture, brandy (a tablespoonful every half hour), bottles of hot water surrounding the patient, especially the extremities, sinapisms, and friction, will often in an hour or two work wonders.

"*Thirst.*—In these and in all advanced cases, thirst creates intense suffering. The sufferer craves water,* and as sure as he gratifies the craving, the worst symptoms return, and he falls a victim to the transient gratification. The only safe way is to have a faithful friend or attendant who will not heed his entreaties. The suffering may be, however, safely alleviated and rendered endurable. Frequent gargling the throat and washing out the mouth will bring some relief. A spoonful of gum arabic water or of camomile tea may frequently be given to wet the

* Query, cold water?

throat. 'Lydenham's White Decoction' may also be given both as a beverage and nourishment in small quantities, frequently. In a day or two the suffering from thirst will cease. In a large majority it has been intense for more than twenty-four hours.

"*Diet.*—Rice-water, arrow-root, Lydenham's White Decoction, crust water, camomile tea, are the best articles for a day or two after the attack is controlled. Camomile is very valuable in restoring the tone of the stomach.

"*The Typhoid Fever.*—A typhoid state for a few days will follow all severe cases. There is nothing alarming in this. It has very rarely proved fatal. Patience and careful nursing will bring it all right. The greatest danger is from drinking too freely. When the patient seemed to be sinking, a little brandy and water, or arrow-root and brandy have revived him. In this terrible visitation of the cholera, we have considered ourselves perfectly armed and equipped, with a hand-bag containing mixture No. 1, mixture No. 2, (for vomiting, &c.,) a few pounds of pounded mustard, a bottle of brandy, and a paper of camomile flowers, and a paper of gum arabic.

"I lay no claim to originality in recommending this course of treatment. I have adopted it from suggestions of able and experienced physicians. Having been the only doctor of many poor families living near me, I have tried various remedies recommended by physicians, but I have found none to be at all compared with the above. During the recent cholera, I cannot find that any treatment has been so successful as this.

"*Contagion.*—The idea of contagion should be abandoned. All the missionaries who have been most with the malignant cases day after day, are fully convinced of the non-contagiousness of the cholera. The incipient attacks, which all have suffered from, are to be attributed to great fatigue, making the constitution liable to an attack.

"Yours, truly,
"C. HAMLIN."

In the Matter of the Asiatic Cholera.

I omitted to say, in its place, that excessively hot water baths are excellent, raising the heat as high as the patient can bear, and keep it so by continually adding hot water. Keep in until the patient is better. Salt may be freely put in these baths.

The patient may also drink very hot tea, as hot as he can bear it. The tea may be made very strong with spearmint, peppermint, the leaves of cedar, pine, spruce, or of the hemlock-tree, poppy-leaves, or any of the stimulating bitter garden herbs or roots. A few drops of spirits of camphor may be put in the

drinks. Let him drink as much as he pleases of these very hot drinks—not to be cold or tepid on any account.

The cholera remedies may be put in the drinks. After each turn of vomiting, take a full drink of tea, so as to wash out the stomach freely. If the patient gets much exhausted, put with his drinks as much chicken water, or soup without any bits of meat or vegetables in it, or very little rice flour or starch may be put in it and well boiled, as you please.

In the matter of injections and mustard poultices, do as directed by Mr. Hamlin.

Brandy may be put freely in the hot drinks.

I think Mr. Hamlin, in forbidding water, intended to mean cold water.

DYSENTERY.

This disease is of frequent occurrence in the hot season of the year and in the earlier part of the autumn.

Causes of Dysentery.

This is almost universally contracted by eating improper food and at the same time taking cold. When neglected too long or badly treated, it is often fatal.

Treatment.

As soon as a show of diarrhœa or dysentery is noticed, at once take a portion of physic, as, equal parts of dandelion and senna extract, or castor-oil, or magnesia and rhubarb, or my Biliary Corrector, or my pills, in doses adapted to the strength of the patient and to their age, and give a little physic daily until the disease is well. At the same time as you give physic you may give, if the patient is in any way prostrated and weak, a table-spoonful or so of black-cherry brandy, or blackberry brandy, or a tea made by boiling blackberry-roots in milk and a little loaf-sugar and brandy put to it. Drink freely of this. Solution of tannin, or oak-bark tea, all are excellent, and may be used as you have them at command. Never omit the physic; and never give opium or laudanum at the beginning of dysentery until the bowels have been well evacuated by using the physic. Opium or its preparations often kill the patient by causing congestion of the brain, if given too early.

Diet.

Let the food be light and cooling; say, boiled milk, and boiled rice and milk. Wheat flour boiled thoroughly in milk and thickened to a gruel, and eaten freely, is excellent. In the beginning of dysentery, when it has been on only two to four hours, put one tablespoonful of table-salt and a wineglassful of vinegar into a half-pint of boiling water; sit down and sip this a mouthful at a time, so as in a half hour to drink it all. An old man, who got this remedy from my grandfather, told me he had kept house forty years, had raised many children and apprentices, had often witnessed fatal dysenteries in his neighborhood, but in his own family and dependents this salt and vinegar was all he ever used, and had never failed with it to cure all cases in his own family. No matter what you have eaten, he says, this will cure it if used on the first attack. In very bad cases of dysentery and no relief on account of no remedies or improper remedies, you should still give physic, and a suppository of one or two grains of solid opium introduced up the rectum and left there, and the patient keeping still, will often soon stop all traces of dysentery. Wild-cherry brandy, or brandy and laudanum, with castor-oil, may be very freely and liberally used in all advanced stages of dysentery or bloody flux. The feet should be kept warm, flannel worn over the stomach and bowels, and all traces of dysentery will disappear. Opium is to be used only in very extreme cases, and after free physic.

SUMMER COMPLAINT; or, DIARRHŒA OF YOUNG CHILDREN.

This disease sweeps of thousands of young children annually. It is caused almost wholly by indigestion, which is much aggravated by hot weather, bad air, and by teething, and, above all, by improper food. No child need ever die of this disease when it is properly fed. Very much depends on its food.

First, let the child wear soft, warm flannel over its whole person, and stomach and bowels; change this often enough to have it clean. Let the child eat no fruit or vegetables of any kind whatever, and not a bit of meat, or pastry, or cakes, or

hot bread. The diet should be its mother's milk, and panada, which is bread and milk boiled together well; or cow's milk one-half water and thickened with good flour, and boiled for one hour or more, so as to be perfectly cooked. This is an excellent article of food for the child. In place of wheat flour, rice flour is excellent, boiled as much as you boil wheat flour and milk, &c.

Carefully notice the child's gums, and if teeth are coming, so as to be plain and distinct, the gums may be lanced; but do not do this until the gum is fully lifted up, so that on cutting the gum the tooth is at once fully exposed. To cut the gums before this is to injure the child very much. Rubbing the gums over freely with a little fine salt very much helps the teeth to come through. If the mouth is very hot, put little pieces of ice in the child's mouth occasionally, and this will cool it very much.

The child, whilst the diarrhœa is on it, should take a little physic every day or two, say five to twenty drops or half a teaspoonful of castor-oil. This is most excellent. Liquid magnesia is very good—one teaspoonful daily in its milk. One tablespoonful of lime-water daily, put in its food, is very useful, and should not be neglected. Tincture of rhubarb is valuable. Do not give opium or any of its preparations, as they are so apt to bring on fits and kill the child. A teaspoonful of wild-cherry brandy once or twice a day, put in the food, after using physic, is excellent. If you have no wild-cherry brandy, a little brandy and water, put on wild-cherry bark, is very good. Keep the child's feet warm with woollen socks, &c. Change of air. If it is possible, give the child a change of air at any sacrifice; give it sea-air. I have seen them restored by sea-air, when all hope had disappeared. Do not give up the child; if you cannot have sea-air, go to a lake shore or to the mountains. Nursing children are not apt to have summer complaints; but if they do, the mother should be very careful of her own diet. Children should never be weaned whilst teething, or in hot weather or late spring. The fall and winter months are best. If a mother cannot nurse her child, a healthy wet nurse should be procured if possible. Children should be nursed, if possible, until they have cut their first teeth. Children under four years of age should never be exposed to extremes of weather. If children are costive, or are very fretful, crying, &c., there is

nothing better for them than a little castor-oil. Beware of hard indigestible food being given to your little children; awful fits and spasms arise from it. Teething and hard, indigestible food cause nearly all the fits. Some children may eat this food and live; yet it is true that nearly all fits arise from it, and nearly every case of diarrhœa.

A flannel cloth, wet in brandy or whiskey, or salt and water, may be worn over the bowels and kept warm. It may be bathed daily in a little brandy or alcohol, or whiskey and water.

My Anti-Dyspeptic Mixture is a perfect remedy for all diarrhœa and green stools of children, and for any diarrhœa or dysentery at any age. It is infallible.

SICK-HEADACHE.

This disease commonly affects persons before forty years old—seldom after. After a time it usually turns to nervous headaches, and often to neuralgic headaches, &c. True sick headache is almost always produced by indigestion, acidity, and bile in the stomach, or by a closure of the gall-ducts; very frequently it is accompanied by sick stomach and retching, or full, free vomiting.

Cure.

Put the feet in very hot water, and add hot water from time to time; mustard or wood-ashes may be added. Keep the feet in this hot water for half an hour. Repeat it every day, or twice a day, until the headache is well. If there is much vomiting, drink freely of warm spearmint tea, and, as the vomiting subsides, take a good dose of any good bitter pills, or a portion of dandelion and senna tea, my Bilious Powder, or Stomach Bitters, or something to move the bowels freely and thus carry off all the bile. Boneset tea is an excellent drink in these cases. Be careful to eat nothing that you know causes bile or produces indigestion. Where predisposed to it, a cold or excitement will bring it on. Do as I have directed, and you will soon get over these headaches. For relief from nervous or neuralgic headaches, if not cured by what I have already directed, apply to me; all are soon cured.

SEA-SICKNESS.

This complaint is too well known to require description. It is usually very curable. I give a recipe for a remedy I have usually found all that is necessary for a cure; obtain it, and follow the directions:

Tinct. Guaiaci Composita..... ℥ii.
" Veroni e Virginica (Pulvis),
" Jalapa (Pulvis),
" Rhei (Pulvis),
" Senna fol. (Pulvis),
" Spiritus Mentha Viridis.....āā ℥ii.
Aqua Calcis..... Oi.
Mix. Dose is one tablespoonful every six hours until wholly well.

MANAGEMENT OF THE HAIR.

The hair of children should be kept cut until ten years of age in females, and in males as late as you please. The great object with the hair is to have a full head of glossy hair and not to have it fall out.

Loss of the Hair.

The hair is usually lost by the following causes:

1st. From fever in the head. Long-continued headaches with fever, and from fevers where the head is affected.

2d. From skin diseases which affect the scalp. I have seen a full head of hair utterly lost in a few days by a skin disease attacking the scalp.

3d. The hair is lost by being pulled out in shampooing and combing, and tying up tight so as to be straining on the roots whilst tied up.

In one section of Germany it is the fashion to tie all the hair on the top of the head into a club as tightly together as possible, and as close to the scalp as possible. In a few years nearly all the females are bald on the top of the head, and this before they

are twenty-five years old. The hair should never be combed at all with a fine-tooth comb, unless the hair is very thick and strong. Dandruff should be washed out, not combed out. Only use a very coarse comb about the hair. Keep the scalp and hair clean by washing it with pure cold water. A little borax put in the water makes a famous lather all through, equal to any soap and far neater. After fully washing with this, smooth the hair with a very coarse comb. Every gentleman should dip his head in cold water every day of his life—the colder the better. This usually saves the hair, prevents all catarrhs and fevers, and is most excellent for the brain and for nearly all headaches. Animals shed their hair twice a year; at these periods the human hair is apt to be loose, and drops out easily. When loose, do not comb it, but let it alone as much as possible. Wet it freely and smooth it with your hands as well as you can. It will soon become tight. Shaving the head to have the hair come out thick, usually does much injury, and is rarely beneficial, as far as my observation goes. All diseases of the scalp should be cured, or the hair may be lost. Scalp diseases are usually easily cured.

My Kings' and Queens' Toilet is excellent for falling of the hair, and all fever and itching of the scalp, and for keeping the scalp clean of dandruff.

For curing Gray Hair, &c.

I append the best hair-dye I have ever known. Observe the directions for using it.

HAIR-DYE.

Crystals Nitrate of Silver	$\frac{1}{8}$ oz.
Aqua Ammonia	$\frac{1}{4}$ oz.
Pure Water	3 oz.

Mix.

Apply to the hair with a tooth-brush. No washing is necessary, either before or after the application; only let it dry at first. With all I put up, I forward more minute directions than I can give here.

Cutting the Hair.

The hair should never be cut too short, as this is apt to stunt its growth, especially in old people. The hair may be cut whenever required. It is well to trim it about once a month. Some urge that the hair should be cut only in the first and second quarters of the moon—that is, in the moon's increase. It certainly could do no hurt to adopt this course.

BURNS.

The treatment of burns is very easy, if understood. Numbers perish or suffer dreadfully by burns, who could have been at once relieved. I will mention a few things which are perfect: you may use them with confidence. You need look no further, as any one of these will cure burns.

Treatment.

At the instant of the burn, cover the part with very cold or ice water, or snow, for a short time. A poultice of Indian meal and buttermilk, to thickly cover the whole burn, is most excellent. It stops the pain in a few minutes, or, at any rate, in a little while, and all will be lulled to rest. Keep this on two or three days until the burning and heat and inflammation are all gone, and then you may dress it with a salve made of beeswax and lard, or sweet oil; make it so as to be soft and pleasant and not irritating. If the lard or sweet oil are rancid, they may make the salve or ointment acrid and irritating, and so inflame the parts. Spread the salve on soft cloth, cotton, &c.

Leek, Garlic or Onion in pure lard is excellent for burns.

Wood-Soot and Lard.

This is one of the best preparations for a burn known, however extensive it may be. The soot should be rubbed perfectly

fine, and then carefully mixed with the lard—one full tablespoonful of soot to three tablespoonfuls of fresh or sweet lard. Mix it perfectly together, and spread it on fine cotton cloths, the softer the better. If the burn is extensive, as on the limbs, extremities, &c., then tear the cotton cloths into strips, two and a half to three inches wide, and spread the ointment on these, and apply it carefully so as to cover all the parts perfectly, without any wrinkle, and utterly prevent all folds of the skin, or two opposite surfaces falling together, as, if they do, they will grow together. If two or more fingers or toes are burned or scalded, in dressing the part, put the dressing between each finger or toe, and keep it there on the cloth, so that the fingers may not grow together in healing; and do this with all surfaces that might grow together. This dressing may be kept on until the parts are perfectly well. It may be removed if you wish to take it off, &c. You can spread fresh and put it on again. You will find it a most reliable and excellent preparation. It takes out pain and soothes, often in ten minutes. If scalded all over, this is one of the best preparations I ever knew. White-lead paint, as prepared by the painter to use and ready to use, is also admirable for a burn. It may be put on with the paint-brush and be at once most efficacious.

BRUISES.

Frequently children and grown persons get bruised, &c. The best remedy is to put the bruised part in ice, and keep it in ice, or, if you cannot put it in ice, put it in ice-water frequently changed, so as to keep the bruised part very cold. Do this until all the pain has left, and then wrap it up in a soft cloth wet in laudanum or tincture of arnica, and keep it on until well, which will be soon. In all cases of bruises on the face or about the eyes, put on at once a piece of ice and keep it on for some hours until all the swelling or pain is gone; then put on a cloth wet and kept wet in spirits of camphor. Do this, and in a day or two all stain of a bruise will be gone.

MANAGEMENT OF THE TEETH FROM INFANCY TO AGE.

A lady or gentleman having clean, regular, beautiful teeth will always be attractive and rarely fail of being beautiful. A good set of teeth contributes very much to lengthen life; whilst the loss of the teeth most surely tends to shorten it. Decayed, ugly, irregular, dirty, stained teeth are most offensive and most repulsive, rendering beauty impossible.

Diseases of infancy and childhood often greatly injure the teeth. In my remarks on the diseases of infants, I have said all I need say about cutting the gums, &c., and bringing out the first teeth. After the infant teeth come out, they should be kept clean and free from decay as far as possible. My tooth-powder may be used daily, or as often as you please, on the teeth and gums of young children, from the appearance of the first tooth until the first set of teeth are fully grown, and during the continuance of this set until the second or permanent set of teeth have all come. A tooth-brush need not be much used, but the tooth-powder may be applied with the finger—say once or twice a week; and daily, if there is much fever, or swelling of the gums, or heat, or canker about the mouth. As the second teeth begin, the first ones should be loosened gently with the fingers, so that they may come out without pain, and all come out without interfering with the growth or regularity of the second set of teeth.

The second set of teeth are from the sixth to the twentieth year before they are all fully grown. Notice that these teeth come out regularly and stand free in their places. If too much crowded or lapping one over the other, have side or back teeth enough extricated to give room for all the rest to come into their places. Keep the teeth clean and pure with the tooth-powder, which may be used once or twice a week, and always with benefit. Give the teeth room, by taking some out, if much crowded. Keep them clean with the tooth-powder and cold water, and let your children be brought up on plain, wholesome food; as little pastry and nicknacks as possible, free open air and exercise, and not too much confinement or study, and they will have regular, healthy and beautiful teeth, for which they will bless you all their days. Of course, when possible, employ a good dentist to watch over, and advise, and do all that is necessary for the

teeth. In sickness and fevers, use the tooth-powder daily if you can.

This tooth-powder is perfect, giving health and sweetness to the mouth and gums, and cleanliness, whiteness and brilliancy to the teeth, and can never do any hurt.

TOOTH POWDER.

Recipe.—Peruvian Bark, powdered	.....	3 oz.
Gum Myrrh, "	.....	¼ oz.
Nut Galls, "	.....	½ oz.
Cuttle-fish Bone, "	.....	½ oz.
Chloride of Lime	.....	¼ oz.
Oil of Bergamot	.....	60 drops.

Mix and pulverize all perfectly. Use once to three times a week. It has no superiors.

ST. VITUS' DANCE (CHOREA).

I will not describe this disease. I always cure it. You may apply to me with perfect confidence. A cure is certain, no matter how hard the case. Do not let it run on long, as it may do permanent injury to your child.

EPILEPTIC FITS.

I will not describe these fits, only to say I often cure them. If you write me about them, for opinion or advice, be very particular to tell all about the case.

HOW TO HAVE GOOD HEALTHY LUNGS.

This can always be obtained by having a large, full chest, that plays free and full. By breathing properly, you can have a good chest. As often as you please, take long, full, deep breaths. Draw pure air into your lungs as long at once as you can. Do this as many times a day as you choose. Keep your chest and person erect and straight, avoid all stooping as far as possible, and you will have good lungs.

BOYS AND GIRLS AT SCHOOL.

Boys and girls should go to school together until of full marriageable age.

An exclusive girls' school makes the girls a kind of nuns, timid, nervous, shy, and health imperfect, frightened at the other sex, awkward and constrained in manners, with very few acquaintances unless they have great advantages of society at home.

Exclusive boys' schools make the boys almost savages. They contrive to set up a sort of society among themselves and to exist without female society. Finally, they become shy of young ladies, are bashful among them, but bullies and blackguards among themselves. In this state of mind they leave school with but few female acquaintances and not partial to ladies' society. The step is now short to the club-room, billiard-saloons, gambling and drinking saloons, avoiding the church and assemblages where there are ladies. Thus thousands go to destruction.

All these evils are wholly prevented, and the sweetest life-long friendships are formed, by both sexes associating at school and in every stage of their education.

God's holy law, as developed in all nature, is that men and women shall live together, and of course should be educated together; and in all happy communities they are. Here the boys learn courtesy, manners, polish, and confidence. The girls develop all their gracefulness, become confident, courteous and attractive, and learn to suitably prize and not to shun the society of the opposite sex. To both sexes the mutual advantages and benefits are beyond all enumeration. This association becomes the best part of their education, without which no man can develop the high-bred, courteous gentleman of which he is capable. Nor can any woman without it attain to those highest graces and accomplishments of manners, dignity, courtesy and taste, which would render her absolutely irresistible with the opposite sex and a mighty controlling power in society.

LAWS OF LIFE.

There are now living in the United States a great many persons who are over one hundred years old, some one hundred and ten, some one hundred and twenty, and even over this age. It is usually rather felt than expressed, that this great longevity results from a coincidence of accidents. It is not realized that it is a law of life that the age of men and women may attain to over one hundred years, and under equal circumstances all may attain to one hundred years. God is not partial. His laws are equal.

Let any person live in accordance with the laws of life, using seasonable remedies for any deviations from health, and he may calculate with much certainty upon living to one hundred years.

The laws of life, and the laws for the preservation of life, are few, are simple, are easily stated and easily remembered.

The first law of life is the full and harmonious development of the whole system, so as to give us perfect symmetry of person.

The second law is to have air and the person pure.

The third law is to have food varied in kind, and sufficiently nutritive to sustain all the functions of the system.

The fourth law of life is that all we eat or drink must leave the system within a moderate period of time.

To do this, it is indispensable that all the great emunctories, or outlets of the system, should be open, free and unobstructed.

The emunctories are the bowels, the kidneys, the skin, and lungs. If any of these are obstructed, or sluggish in the performance of their functions, good health cannot long be maintained.

Hence, free breathing of pure air; wholesome food—enough, and no more; pure skin, and free bowels and kidneys, are indispensable to health and long life.

With all this, never over-work the system, either as a whole or in part. Two days' work in one will soon lay low the strongest man or woman. In reading the histories of such workers, we usually find premature death the consequence.

Great mental efforts should be avoided, and moderation, both in mental and physical efforts, be maintained.

I doubt if any person ever died of old age, under eighty years, and the most would reach one hundred years before dying of old age. It is a very common idea that the infirmities of a system a little worn by time, and much by labor, are caused by age, and cannot be relieved. I have always found the diseases of elderly persons as curable and manageable as those of younger ones. They must be doctored with an eye to the fact that the aged, in their constitutions, become measurably like children, and must not be treated with harsh or hurtful medicines. It has been my delightful task, in a great many cases, to restore the aged to good health, and seeing them recovering their strength and enjoying life as pleasantly as in their best days. I think from fifty to eighty years of life, if in perfect health, are as delightful as any other periods.

CAUSES OF PREMATURE DEATHS.

There are four great causes of sickness and premature deaths.

First, a common cold, or checked perspiration. At least three-fourths of all the diseases originate from a cold or checked perspiration; this neglected, and hosts are sent to premature graves.

I will not describe a cold, but only tell you how to cure it.

When you find you have a cold, if any way serious, put your feet in very hot water at bedtime. Keep them in this hot water at least ten minutes. Salt, or wood-ashes, or bleaching soda, may be added, if you choose—two tablespoonfuls of salt or soda, or half a pint of wood-ashes, to six quarts of very hot water. Keep the water as hot as you can bear it. Next morning wash the feet in cold water. Use these foot-baths three or four nights or more every week, until the cold is well.

In addition to the hot foot-baths at bedtime, if young and in full strength, take a portion of Epsom salts, or senna tea, and a pint of hot herb tea, pennyroyal, boneset, or mint. Go to bed, cover up warmly, and you will perspire. The physic in the morning will usually carry off all your cold. In persons who

are weak, in place of salts use pills, such as my Cathartic Pills, or my Stomach Bitters, or any good bitter physic. Repeat the hot foot-baths and physic until well.

In some cases, if your cold gives you a cough, take some cough medicines, such as my Pectoral, or Vitalizer, or any good cough medicines you choose.

My Vitalizer taken at bedtime, with two or more of my cathartic pills, will usually break up a cold in one night.

With a cold begin early, and use remedies faithfully until you are well, be it a longer or shorter time. Never let a cold run on you, and you will soon break up the habit of taking cold, and thus save you much sickness.

The second great cause of premature deaths is, eating too much, eating at improper times, and slow bowels, or, in some cases, food which induces diarrhœa or dysentery.

Improper food causes nearly all diarrhœa and dysentery of children and adults, occurring most in hot or very changeable weather; but, with proper food, they will rarely ever take place.

I have seen hundreds of our noblest men killed by eating too much; by eating suppers; thus obstructing and clogging the system.

Nearly all our food should be eaten before two o'clock P. M. each day. Late dinners, late suppers, of solid food, are never eaten by persons after thirty, others after forty, others after fifty, that are not truly perilous and dangerous.

In the summer of 1863 I doctored a very respectable clergyman—tall, thin, and forty-seven years old. He had been consumptive over two years. He got perfectly well; resumed all his clerical duties. In September, called on me at Utica, New York, at 6 A. M. He was taking a pleasure-tour to New York city, to be gone three weeks. I never saw a happier man at his restored health. That day he arrived in New York city, put up at a hotel, and next day dined at 2 P. M.; tea at 6, as usual at home. At home, breakfast at 7 or 8 A. M., dinner 12 to 1, tea 6 to 7. He stayed at this hotel one day. On Friday he went to a boarding-house, where he had breakfast at 8, luncheon of cold meats, bread, pastry, pickles, &c., at 1 P. M., dinner at 6, and tea directly after dinner. This course he pursued through Friday and Saturday. Saturday, at 6 P. M., he dined

off boiled ham, boiled cabbage, and clams, &c. After dinner he took a walk with his wife, and within one hour fell dead in the street—life extinct in a moment. It was called a disease of the heart; but his heart was well. It was caused by an utter stoppage of all action in the stomach; if I may use the expression, the wheels of life stood still. No hearty meals should ever be taken after sunset.

Apoplexy and palsy usually result from over-eating or eating at improper hours, and are attended with slow bowels.

A person of full habit should recollect that heavy meals and slow bowels will soon kill. In such, and all persons, costiveness should be obviated by the steady use of aperients or cathartic medicines. Keep the bowels free at all hazards.

The third great cause of premature deaths is, drinking too much of alcoholic liquors, wines, beer, &c. This subject has been so thoroughly expounded and so eloquently demonstrated by some of our greatest and best orators and thinkers, that I do not deem it necessary to add a word here to what has already been spoken and written.

The fourth great cause of disease is, over-work—over-tasking our powers. I hardly need dwell on this, the proposition is so clear, the facts are so frequent.

A clergyman, for example, attempts to preach and do full clerical duties—several lectures and prayer-meetings each week—at the same time would acquire several different languages, and write elaborate and extensive literary works. Whilst all this is progressing, in cold winters, he travels to various places—a very distinguished lecturer. He is badly exposed, studies or writes his sixteen or more hours a day, experiences colds, pains, disease, and reeling constitution; still, nobly and madly fights on, until death suddenly removes the brightest intellect and highest acquirements. Then comes the wicked cant, that "God did it."

A little moderation, a little common sense, and he might have doubled his days. These remarks apply to all cases of over-work, mental or physical, or both, and to both sexes. I say now, let your labors not exceed your strength.

To those invalids who choose me for their doctor, allow me to say: There are very few cases of disease of anypart, or however produced, or of long duration, but what I cure. It is only a

question of time, depending on the recuperative powers of the system. Do not expect that a disease of long standing can be cured in a week; but take time enough, and use remedies until you are well; then use remedies until your health is all confirmed, when you may confidently expect to live many years in good health. You will still, like other people, be liable to take cold, or contract fevers, or meet with accidents; but learn to use remedies promptly and faithfully, and you will soon get well, so that year after year your health will become strong and permanent. Keeping good health every day will certainly insure you a life extending to eighty or one hundred years.

All who would live long should have occupation and a purpose in life. It is of the first importance that we should have employment, profitable and pleasant, if possible, but, at all events, pleasant—reading some, but physical exercise and labor more. Never be idle. Do something good, something useful, every day of your lives.

Thus far I have spoken of physical laws. Now let me speak of moral ones, and their effects upon longevity.

If you would live long and see good days, cultivate all the virtues and all the affections; outwardly lead a life of morality, inwardly a life of piety. Live close under the wings of the Almighty. So appreciate God and his gifts that you shall love him. So treat all that they shall love you. Do as you would be done by, and be not an unequal judge in this matter. If there is a sight more deplorable than another, it is that of a person whom no one loves. I will not attempt to describe them; but such have existed. Never lose an opportunity of doing a favor. It is seed that will produce happiness all your life. Drive selfishness from your heart. By this course, no remorse or evil passions will disturb your conscience or rack your system, and your memories in old age will be as pleasant as were your hopes in youth. Time will embrace you gently. In physical strength and mental beauty, you will tread lightly past your hundredth year. In the fulness of your days, God will lift the veil, and you will pass from time fearless and happy.

FAMILY PHYSICIAN:

BY

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